

Spring marathon
preview
p.20

JANUARY 2015

competitor[®]

How to ramp up your
winter training
p.34

RUN THE

WORLD

INSIDE CHAMONIX'S HARDCORE
MOUNTAIN CULTURE

TRAVEL TIPS.
FOR GLOBAL
RACES

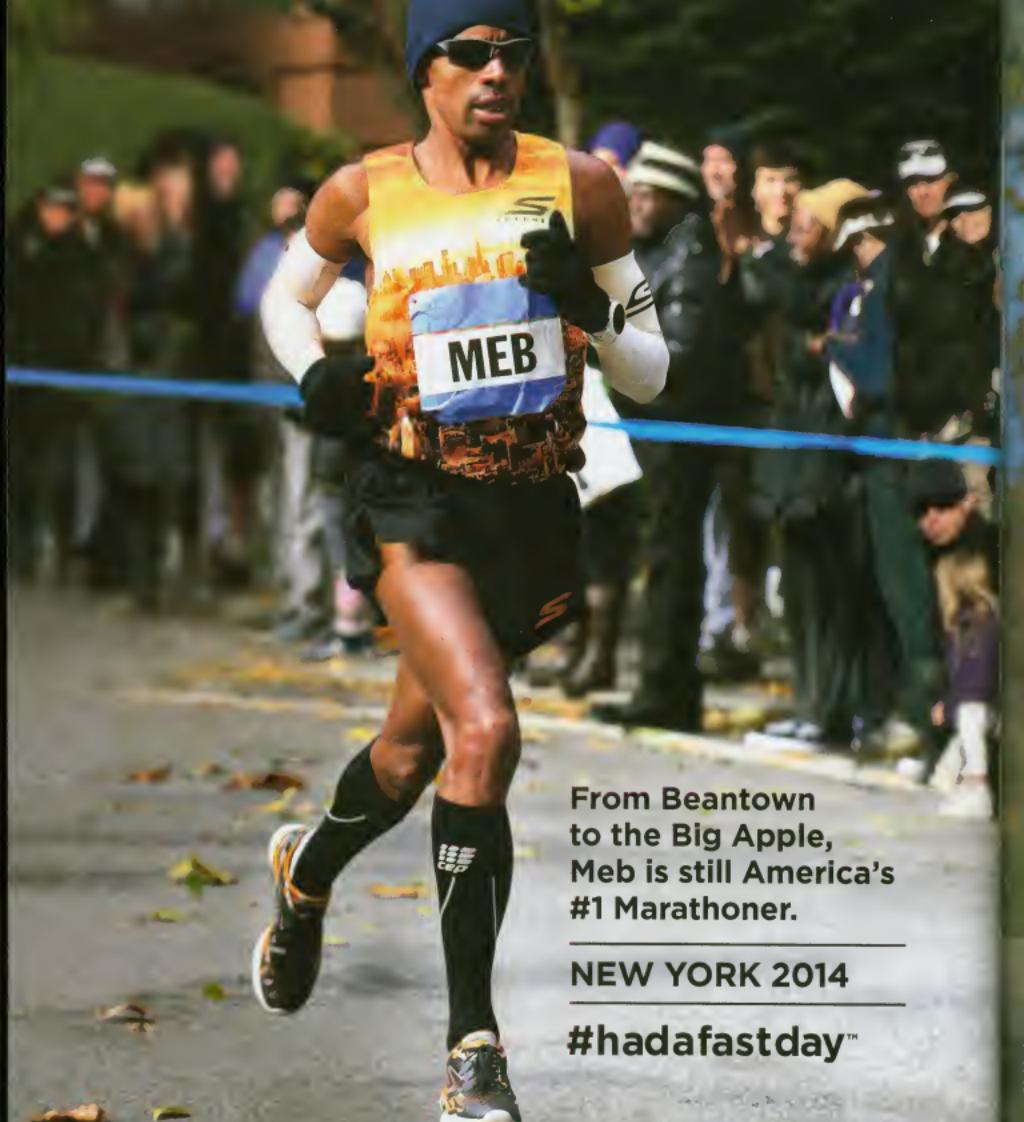


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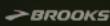
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By Brian Metzler

on the cover



Tim Olson and Rory Bosio run through the Mont Blanc massif in Chamonix, France.

PHOTO BY TIM KEMPLE



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The 2014 Best of Competitor Awards



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Fitness trainer Shaun T on his first running memory, why he likes track workouts so much, and his favorite recovery food.

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you
Sam
running
buddy*

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Run the World

WHEN WE THINK OF RUNNING, it's easy to think of it as an individual endeavor in our own terms. We mostly run on the roads and trails wherever we live, often with our usual running buddies.

But running—and the health and community it fosters—is truly universal. In fact, while soccer, baseball and basketball definitely have international roots and flair, running is arguably the world's sport—especially from a recreational point of view.

With running booming globally, new races popping up all over the place and the rising trend of international running vacations centered around a race and destination trail running trips, the world is becoming a much smaller place for runners. If you're a runner with a passport and a sense of adventure, the world can truly be your oyster.

In this issue, we look at the rise of global running with insights to the influential mountain running culture emanating out of Chamonix, France (page 40), offer up stunning photos from a new multi-day stage race in South Africa's Richtersveld National Park (page 46) and reveal the next frontier of trail running in the Patagonia region in Chile (page 52). We also highlight key international marathons and half marathons, offer travel running tips and serve up Susan Lacke's humorous take (page 38) on running with an adventurous mindset.

Also in this issue, we offer tips and a training plan for running a 5K in five weeks; sit down with renowned fitness trainer Shaun T; and highlight three great winter running jackets, and three new running shoes for 2015.

As you plan your 2015 running calendar, think about adding an international race or far-flung destination to the mix. You'll be glad you did. For more on international running, go to competitor.com/globalrunning.



Brian

BRIAN METZLER, EDITOR-IN-CHIEF



COMING IN FEBRUARY

In February, we'll highlight 20 must-do races for 2015, explore the hot trend of wearable running technology and dive into the rugged discipline of cross-country running with top American runner Chris Derrick.

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ART

PHOTO EDITOR Scott Dinger
GRAPHIC DESIGNER Valerie Briggs
CONTRIBUTING ARTISTS/PHOTOGRAPHERS Matt Collins, Dustin Koop, Victor Sauer

CIRCULATION & PRODUCTION

PRODUCTION MANAGER Meghan McEvoy
ADVERTISING PRODUCTION MANAGER Gia Hopkins
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SENIOR VIDEO PRODUCER Steve Godwin

ADVERTISING

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VP, PARTNERSHIP SALES Matt Steinberg • 312-421-1550, msteinberg@competitorgroup.com
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900 Hayes Street, Suite 150, San Jose, CA 95121 • 858-450-8550
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The BEST Runners of 2014

Whether they dominated the track, the trails or 26.2 miles on the road, find out which runners were the best of the best in 2014. Competitor.com/runnersof2014

Yoga for Runners

There are so many yoga poses out there—which ones will directly benefit your running? Check out our collection of yoga poses for runners at [competitor.com/yoga](http://Competitor.com/yoga)

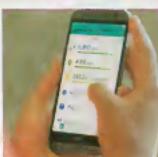


SHOE TALK

Our video team took a deeper look at dozens of 2014 and 2015 running shoes—both road and trail-in stores now. Find out which shoe might be best for you at [competitor.com/Shoetalk](http://Competitor.com/Shoetalk)



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GO, MON, GO!

LONG BEFORE DAY broke on the morning of Dec. 6, more than 1,500 runners took off to run 26.2 miles along the Negril Coast of Jamaica. The 4th annual Reggae Marathon started at 5:15 a.m. to avoid Jamaica's heat and humidity, and runners from 34 countries followed a torch-lit course for the first few miles. Local resident Dr. Love [aka Roland Martin] supported runners by blowing on a conch shell about a quarter-mile from the beachfront finish line. The winner of the men's race, Rupert Green [2:34:35], earned the Bob Marley Trophy, a handcrafted likeness of the famous reggae singer created by a local sculptor, while the women's winner, Karlene Blagrove [3:37:51], took home the Rita Marley Trophy.

PHOTO BY SCOTT DRAPER

CAPTURED





HEADLAMP HIGHWAY UNDER THE MILKY WAY

AMID THE LIGHT of their headlamps and an increasingly starry night, two runners were caught in a time-lapse photo as they completed the second of four 25-mile laps at the Castle Rock 100-mile trail run on Oct. 25 near Bandera, Texas. The race, which started at 5 a.m., sent runners on a through-the-night journey over the rolling terrain of the Texas Hill Country. Brian Hopton-Jones won the race in 21 hours, 8 minutes and 30 seconds, while Lise Plantier was the women's winner in 24:24:33. [This image was captured in one 30-second exposure at f 2.0 and was shot on a Canon Mark 2 with a Rokinon 24mm 1.4 lens.]

PHOTO BY DERRICK LYTHE

STARTING LINES

FAMILY MAN

Elite athlete Ben Bruce did a few new things in 2014—winning his first five marathons ever and adding a third person to his family of runners.

BY CAITLYN PILKINGTON

ELITE RUNNER

Ben Bruce has a long history on the track, having participated in the past 12 U.S. outdoor track and field championships in the 3,000-meter steeple-chase. He has also represented the U.S. at the world half-marathon championships in 2010, the world cross-country championships in 2010 and the world track and field championships in 2011. And in February 2014, the 32-year-old husband and soon-to-be new father ran—and won—his first-ever 26.2-mile on the roads in New Orleans.

"Earlier this year, I decided I just needed to pick one and go with it, and I knew the course was flat and fast, and gets great weather in February," Bruce says. "It kind of planted the seed."



INSIDE

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Following his victory at the Rock 'n' Roll New Orleans Marathon, Bruce, a San Diego native who races for the Northern Arizona Elite team, went on to win a second marathon in his hometown at the Rock 'n' Roll event in June, less than two weeks before his wife, professional runner Stephanie Rothstein, gave birth to their first child, Riley.

"Since I haven't truly tested myself in the marathon yet, I'm not sure how fast I can get."

"My coach, Ben (Rosario), said, 'OK, we've done two—now let's do another and see if we can go fast,'" explains the new father, who's been the main breadwinner while his wife recovers from her pregnancy. "So we went to Montreal."

Initially, both parents were unsure if Riley would arrive on time, leaving the U.S. outdoor championships on the track up in the air for the steeplechaser. However, baby Riley arrived on June 14, giving Bruce time to compete and win his heat in the steeplechase preliminaries on June 27 in Sacramento, Calif. During the final stretch, he made a baby-rocking motion toward his wife, dedicating his first steeple race since last year's championships to his newborn son.

"It was an exciting and emotional moment to have the baby and be able to come back and run a race at a pretty high level," says Bruce. "I was running with all of this adrenaline—but the next day I felt terrible from all the jumping and landing and lack of work on the track."

Two marathon wins turned into five victories, which took Bruce and his new family of three to Montreal in September, St. Louis in October and Las Vegas on Nov. 17 for the popular nighttime marathon. Bruce's body responded as expected to running his last three marathons in 50 days—he was exhausted but says the 2016 U.S. Olympic Trials Marathon aren't out of the picture. (He qualified for the trials via his 1:02:53 half marathon PR.)

"Since I haven't truly tested myself in the marathon, I'm not sure how fast I can get," he says. "I don't want to call myself a marathoner yet."

FROM CITY TO CITY: THE GOOD, THE BAD AND THE UGLY OF A NEW DAD'S MARATHON TRAVELS



IN NEW ORLEANS (2:21:56)

"There was a sheriff just sitting on the course—we honked at him and he didn't really realize he was on the course. It wasn't a big deal—the road's closed, but not everyone's grasped that the race is now coming through."

At one point during the race, Bruce almost ran into the back of the pace truck due to an unexpected slowdown during the race.

"Finally a few hours after the race I got my appetite back only to discover my wife, Steph, five months pregnant at the time, had eaten an entire order of large fries from Five Guys! Impressive if you have ever been to Five Guys, but it also meant no fries for me."

"Rock 'n' Roll does a good job at making courses that go through cool parts of the city. But some parts were a little more challenging than I would have liked."



IN SAN DIEGO (2:23:50)

Pro triathlete Alon Webb, the American record holder in the mile, hopped in to pace Bruce for the first 14 miles before Bruce ran on his second-straight marathon win in front of a hometown crowd.

"Having mile legend Jim Ryun hold the finish tape made this race a little extra special."



IN MONTREAL (2:22:38)

"The weather was a bit warm, so I didn't run as fast as I'd wanted. But since I ran and won three, I guess it was an out-there idea to see if I could get two more out of my body before the year's end."

"Twenty-four hours of travel, four flights—San Diego to Chicago to Cleveland (slept on the floor overnight) to Newark, and finally Montreal—yikes! At least I made it, and the crowd at the finish was one of the loudest I have experienced in my career."



IN ST. LOUIS (2:27:32)

Bruce won the marathon by more than 10 minutes after dropping his nearest competitor around mile 16.

"It was the first marathon I ran that was below 60 degrees at the start. I felt great the whole race and really enjoyed the last few miles being cheered on by the half marathon runners once the courses merged together."



IN LAS VEGAS (2:27:22)

"My body was just run-down. Vegas was my third marathon in 50 days."

"The thought of doing six after I was done didn't sound fun at all!"

"The guy who had been running with me for 16 miles just turns into a bush. I'm guessing he was having some digestive problems!"

"I was nervous going into the race as I was running on empty. To be able to finish off the year with win number five! In Vegas! And to have my wife and boy, Riley, waiting at the finish provided the perfect cap to the year."

SPRING INTO 26.2

Some of the world's most famous marathons happen before summer arrives. Start making your 2016 list with these noteworthy events that sell out in a heartbeat.

BY ADAM ELDER

TOKYO MARATHON

Feb. 22

Tokyo

Inaugural year: 2007

Course info:

This marathon, while often rainy, takes runners right past the Imperial Palace gardens.



Course records:

2:05:42,
Dickson
Chumba
(KEN), 2014;
2:22:23, Tirfi
Tsegaye (ETH),
2014

Fun fact: One of the World Marathon Majors as of 2013, the Tokyo Marathon is one of the hardest races in the world to get an entry to compete.



What to expect this year: As of Dec. 9, both 2012 Olympic marathon champions—Stephen Kiprotich and Tiki Gelana—were confirmed to compete in this year's event.

LA MARATHON

March 15

Los Angeles

Inaugural year: 1986

Course info: Long a downtown-centric course, since 2010 the point-to-point Stadium



Course records: 2:06:35,
Markos Geneti (ETH), 2011;
2:25:10, Lidya Grigoryeva
(RUS), 2006.

Fun fact: Race organizers estimated that 2,500 runners would sign up in its inaugural year. Instead, nearly 11,000 entered.

What to expect this year: A fast field. The LA Marathon will host the 2015 U.S. marathon championships with \$150,000 total prize purse between top American finishers.



BOSTON MARATHON

April 20

Boston

Inaugural year: 1897

Course info: The famous 26.2 miles from Hopkinton to Boston is a net downhill, with inclines through Newton, and, of course, Heartbreak Hill. The booming cheers the entire way make the race fly by.

Course records:
2:03:02,
Geoffrey
Mutai (KEN),
2011; 2:18:57,
Rita Jeptoo
(KEN), 2014



Fun fact: From 1897 to 1924, the course was 24.5 miles. The first edition featured 15 runners.

What to expect this year: Team MR8 will run again this year, raising money



for the Martin W. Richard Charitable Foundation. Fifty-nine runners will compete in honor of the 2013 bomb victim.

LONDON MARATHON

April 26

London

Inaugural year: 1981

Course info: The course is flat and fast, largely taking place alongside the River Thames.



Course records:
2:04:29,
Wilson
Kipsang
(KEN), 2014;
2:15:25, Paula
Radcliffe
(GBR), 2003



Fun fact: The 1908 Olympic marathon in London was the first marathon to become 26.2 miles—the course was extended so that the royal family could see the finish from their royal box in Olympic Stadium.



What to expect this year: The race will host the International Paralympic Committee marathon world championships in 2015.



BIG SUR INTERNATIONAL MARATHON

April 26

Big Sur, Calif.

Inaugural year: 1986



Course info: This hilly highway course winds along, and above, some of California's most picturesque coastline.

Course records: 2:16:39, Brad
Hawthorne (USA), 1987;
2:41:34, Svetlana Vasilyeva

[RUS], 1996

Fun fact: Every year 370 runners compete in the Boston 2 Big Sur Challenge—running Boston and Big Sur six days and 3,000 miles apart.



What to expect this year: 17 "Grizzled Vets" have completed the race every year, and all of them are already registered for 2015.

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TEAM USA

With the U.S. half marathon championships happening this month in Houston and the 2016 U.S. Olympic Trials Marathon in Los Angeles a little over a year away, we rounded up some numbers about the elite runner's quadrennial ticket to running on the Olympic stage.

10,000 meters

Olympic track runner and 2016 hopeful Kim Conley won her first national title in this distance last year. She will compete in her first 13.1-mile championships on Jan. 18.

2
minutes

Difference in qualifying times between the U.S. half marathon championships and the "B" standard for the U.S. Olympic Trials Marathon.

FEWER THAN
30

Seconds by which Meb Keflezighi won the 2012 marathon trials (22 seconds) as well as last year's half-marathon championships (15 seconds).

1:10:48

2:30:41

Becky Wade's winning time at the 2013 California International Marathon, her marathon debut. The Houston Marathon Foundation will sponsor Wade during her journey to the marathon trials next February.

1:02:53

Ben Bruce's half-marathon last year in Houston, which beat the "B" qualifying standard for the trials [1:05:00]. The Northern Arizona Elite athlete plans on returning to the U.S. half marathon championships this year following his five-win marathon streak.

2,243
MILES

Distance between Columbus, Ohio, and Los Angeles. Cowtown will host the 2016 U.S. half marathon championships one month before the LA Marathon hosts the U.S. Olympic Trials Marathon.

20
TOP

Females who met the "B" qualifying standard for the 2016 trials during last year's half-marathon championships [1:15:00].

HOUSTON

The **first** city to host the marathon trials three times—and the 2014 and 2015 home to the U.S. Half Marathon Championships.

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Serena Burla's winning time at last year's half-marathon champs. With a 2:28:01 marathon PR, the Falls Church, Va., native is expected to be a top contender in Los Angeles next February.



All About That Run

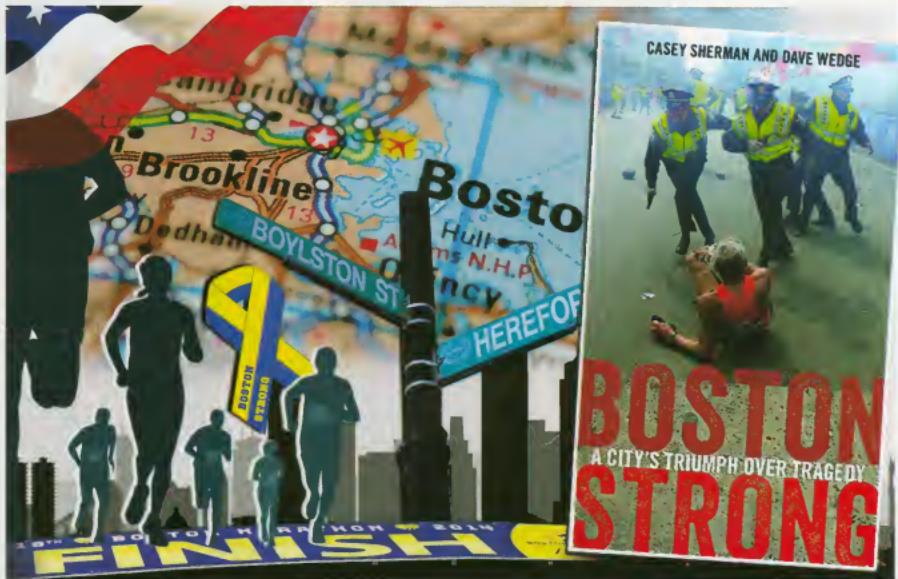
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BOOKS WORTH RESTING FOR: **BOSTON STRONG:** **A CITY'S TRIUMPH** **OVER TRAGEDY**

We chat with Dave Wedge about his upcoming book recounting the events of April 15, 2013 on Boylston Street and its aftermath. BY ADAM ELDER



AS A REPORTER FOR "Boston Herald," Dave Wedge had a front-row view of the Boston Marathon bombings and their immediate aftermath. With *Boston Strong: A City's Triumph Over Tragedy*

(University Press of New England, 2015), out Feb. 3, he and author Casey Sherman chronicle the lives of the victims and their recoveries, as well as the manhunt for the Tsarnaev brothers, up to the 2014 race one year later. They've also been working with screenwriters for a major motion picture based on the book, which was optioned before a word had been written. We got an early look at the inspirational, thoroughly researched book and spoke to Wedge about it.

HOW DID YOU DECIDE TO PRESENT THE BOMBINGS?

Casey and I made the decision at the beginning that we didn't want to tell a story about the tragic side of what happened. We wanted to tell the story of the heroism of the day and the stories of the survivors and the families of these people who died—the really inspirational stories. We wanted to tell the story about the good that has come out of this, and not just the sad side of it.

HOW IS THE MOVIE COMING ALONG?

We've put together a really world-class team, and everyone seems committed to telling the story the right way, not in a sensationalized Hollywood way. They want to tell an inspirational story about what happened to some of the characters that we were fortunate enough to meet and spend time with.

WHAT ARE THE BOMBINGS' LASTING IMPACT ON BOSTON—AND THE SPORT OF RUNNING?

As you saw in 2014, runners are resilient people; it was the biggest marathon ever. It let

people know that it's OK, and we're gonna move on from what happened. And a lot of these survivors and victims' relatives who weren't runners before, some of them ran the marathon and are planning to run again this year in 2015.

SO ARE YOU A RUNNER NOW?

No, I'm actually a hockey player. But I went to Boston College, which is at the top of Heartbreak Hill, and have watched the race pretty much every year since I was a teenager.

As we get ready for the 15th Baltimore Running Festival,
let's review a few things we have learned over the years...



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to learn about the participants in these photos
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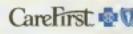


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Prep Time: 15 Minutes | Makes: 4 Sandwiches

Salmon Salad:

Alaska Canned Salmon, drained and chunked	1 can (14.7 oz)
Light Mayonnaise	1/3 cup
Lemon Juice	1 Tbsp.
Dijon Mustard	2 tsp.
Capers, drained and chopped	1 Tbsp.
Celery, finely diced	1/3 cup
Onion, finely diced	1/3 cup
Dill or Sweet Pickle Relish	1/4 cup
Tobasco	Dash
Fresh Dill (or 1 Tsp. Dried Dill)	1 Tbsp.
Whole-Grain Bread	8 slices
Cucumber Slices	24 slices
Green or Red Lettuce	4 leaves

In a medium bowl, combine salad ingredients; stir to combine well. Lay out bread slices and divide salad between 4 slices of bread. Top each with 6 slices of cucumber and a leaf of lettuce. Place remaining slices of bread on top and cut each sandwich in half, crosswise.



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STARTING LINES

WARM-UP



[MARATHON MEB]

TRAINING TIPS FOR TRAVELING RUNNERS

BY MEB KEFLEZIGHI

I'VE BEEN FORTUNATE that running has allowed me to see so many places in the world that I otherwise never would have visited on my own. I've been all around the United States and to international destinations for races and appearances, and over the years I've learned how to deal with the many situations and stresses that travel can create.

Next time you're traveling to a race, or trying to fit your workouts in on a business trip, keep these tips in mind.

1. Plan ahead. I like consistency, so if I'm visiting a city that I've been to before, I try to stay in the same hotel if it worked out well for me before-plus I know there are good places to run nearby. If I am visiting a new city, I will talk to the local runners to find out the best places to run or even have them show me a park or trail where I can train, even if it means I have to slow down a little bit. I enjoy meeting new people and having company when I'm running in a different city.

2. Pack snacks. When I'm at home I have a disciplined training and nutrition routine, but when I travel I need to plan ahead because sometimes I don't know when I might sit down for my next meal. My bag is always pretty heavy when I travel because I fill it with healthy snacks that help hold me over if it's going to be a long time until my next meal. If I'm attending a function, I try to find out ahead of time what kind of food they might be serving so we can make alternate plans for dinner if there's no food or if they're serving something that might upset my stomach.

3. Make a list, check it twice. Before I take off on a trip, I make a list of everything I need to do and all of the things I need to take with me and check it off as I pack my bags, that way I don't have to worry if I'm missing anything when I get to my destination. I also keep a schedule on the calendar in my phone and try to stick to it as closely as possible. Things don't always go as planned when you travel, but try to control the things that you can control and take a deep breath if and when interruptions get in your way.

4. Hit the road early! Whenever I have an early press conference, or I'm on the road making appearances and have a full schedule for the day, I always wake up early and get my workout done first thing in the morning. When I rise early in the morning, even if that means I have to get up at 5 a.m. to run, I don't have to stress out about fitting in a workout or doing my stretching routine later in the day.

5. Carry your race kit on the plane. If I am flying to a race, I always have anything and everything I need on me when I get on the plane. When I was traveling to the 2006 New York City Marathon, I checked my bag that had my racing flats and uniform in it, and it got lost. I'll never make that mistake again! If you're flying to a race, always carry on your racing shoes, uniform and anything else you need for race day. Losing them is not worth the stress of trying to replace those things a day or two before!

6. Remember to recover! I am a big believer in compression apparel for recovery and always wear my compression socks and tights on the plane when I'm flying home after a race. Unless it's 90 degrees outside, I have my socks or tights on, even if I'm wearing a suit! It makes a big difference, especially if I'm forced to sit for a long time.



► MEB KEFLEZIGHI is the only runner in history to win both the New York City Marathon and Boston Marathon and earn an Olympic medal. Look for his "Marathon MEB" column every month in Competitor and also find regular training tips and inspiration at competitor.com/runmeb.



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FOR FRIGHTFUL WEATHER

Three different types of jackets for mid-winter running.

The North Face Animagl Jacket

\$150; thenorthface.com

Ideal for wearing on its own in cool conditions or as an insulating layer under a wind shell on frigid days, this versatile piece combines a windproof, quilted-panel insulated core with breathable stretch-knit sleeves. Secure pockets, thumb loops at the wrist and reflective accents round out this stylish jacket.

New Balance Windblocker Jacket

\$130; newbalance.com

This high-vis jacket is wind- and water-resistant, and made for runners who log most of their winter mileage in pre-dawn or early evening darkness. Although not insulated, it's made from a quick-drying, heat-retaining fabric and features a drop-back hem, vented back, thumbhole cuffs and a soft nose-wipe patch.

ASICS StormShelter Jacket

\$130; asicsamerica.com

When winter conditions are at their worst—wind, snow, sleet, rain, cold or the dark of night—this jacket offers the protection you need. It's fully waterproof and seam sealed (right down to the removable hood, zipper and vents), roomy enough to be worn with additional layers and amazingly reflective from any direction.

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NEW YEAR, NEW SHOES

There are a lot of amazing new running shoes on the horizon in 2015. Most will debut in February, but these three game-changing models are available this month.—Brian Metzler

Skechers GoRun 4, \$100

► Skechers' flagship shoe underwent a complete overhaul for its fourth edition, and the end result was a more versatile, high-mileage training shoe. Changes included a thicker foam undercarriage, a broader waist and a new form-fitting upper. Even though it's vastly different from previous models, the new GoRun maintains the snug fit, supreme flexibility and soft, natural-feeling ride. It has less of a rockered profile than previous models, and the dual-density midsole foam configuration makes it slightly more supportive and better for longer training runs, tempo runs and longer speed workouts.

- 7.8 oz. (men's size 9)
- 6.0 oz. (women's size 7)
- 4mm heel-toe offset
- (18mm forefoot, 14mm heel)

Hoka Challenger ATR, \$130

► Although this shoe is touted as a trail version of Hoka's award-winning Clifton, which hit stores last summer, the Challenger ATR has a slightly firmer, more durable foam than its road-shoe cousin. It's super light and exceptionally nimble for such a well-cushioned trail shoe, especially compared to other Hoka shoes. The low-profile outsole tread offers modest traction, making this shoe ideal for long runs on mild to moderate terrain and less ideal for running on steep, gnarly trails. (This shoe is available exclusively at REI stores until Feb. 15, when it will be at running shops.)

- 8.6 oz. (men's size 9)
- 7.4 oz. (women's size 7)
- 5mm heel-toe offset
- (29 mm forefoot, 24mm heel)

UA SpeedForm Gemini, \$130

► A versatile shoe capable of long training races, marathon racing and even shorter, faster workouts, the SpeedForm Gemini is more cushioned and responsive than the SpeedForm Apollo. Like its predecessor, it has a foot-wrapping, open-mesh upper and sewn-in foot bed that create go-fast agility and snug connectivity to the shoe's undercarriage. What makes this shoe special is its adaptive cushioning technology—it serves up a soft feeling when you step in and run at slower speeds but offers a slightly more firm and responsive sensation with higher forces and faster speeds.

- 8.0 oz. (men's size 9)
- 7.0 oz. (women's size 7)
- 8mm heel-toe offset
- (24mm forefoot, 16mm heel)



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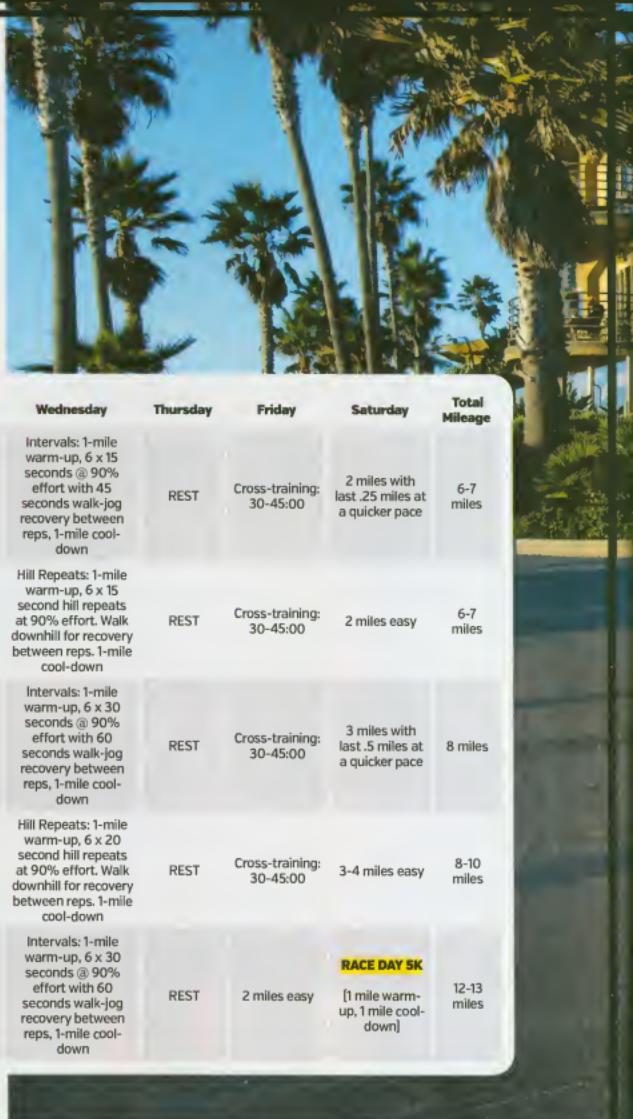
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Training Plan: 5 WEEKS TO YOUR FIRST 5K

NOTES:

- Easy runs are to be completed at a comfortable, conversational pace.
- 90 percent effort = fast, but controlled running.

For examples of cross-training workouts, check out competitor.com/crosstraining



Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Total Mileage
1	REST	2 miles easy	Cross-training: 45-60:00	Intervals: 1-mile warm-up, 6 x 15 seconds @ 90% effort with 45 seconds walk-jog recovery between reps, 1-mile cool-down	REST	Cross-training: 30-45:00	2 miles with last .25 miles at a quicker pace	6-7 miles
2	REST	2 miles easy	Cross-training: 45-60:00	Hill Repeats: 1-mile warm-up, 6 x 15 second hill repeats at 90% effort. Walk downhill for recovery between reps, 1-mile cool-down	REST	Cross-training: 30-45:00	2 miles easy	6-7 miles
3	REST	2 miles easy	Cross-training: 45-60:00	Intervals: 1-mile warm-up, 6 x 30 seconds @ 90% effort with 60 seconds walk-jog recovery between reps, 1-mile cool-down	REST	Cross-training: 30-45:00	3 miles with last .5 miles at a quicker pace	8 miles
4	REST	2-3 miles easy	Cross-training: 45-60:00	Hill Repeats: 1-mile warm-up, 6 x 20 second hill repeats at 90% effort. Walk downhill for recovery between reps, 1-mile cool-down	REST	Cross-training: 30-45:00	3-4 miles easy	8-10 miles
5	REST	2-3 miles easy	Cross-training: 30-45:00	Intervals: 1-mile warm-up, 6 x 30 seconds @ 90% effort with 60 seconds walk-jog recovery between reps, 1-mile cool-down	REST	2 miles easy	RACE DAY 5K	
							[1 mile warm-up, 1 mile cool-down]	
							12-13 miles	



Should Beginners Do Speed Workouts?

BY MARIO FRAIOLI

The short answer is yes. While most training programs recommend that new runners only run slowly and comfortably while building up their weekly mileage, I've found that small doses of faster running actually help promote good running mechanics, break up the monotony of running easy all the time and stimulate some quick fitness gains. While I don't recommend full-fledged interval workouts or tempo runs for newbies, just doing a few faster pickups or some short hill repeats a couple times a week can produce huge benefits. Check out this month's training plan—5 weeks to your first 5K—for examples of how to fit some faster running into your beginner's training schedule.



► MARIO FRAIOLI is the author of *The Official Rock 'n' Roll Guide to Marathon and Half-Marathon Training* (VeloPress, 2013) and coach of 2012 Olympic marathoner César Lizano.

[COACH CULPEPPER]

OPTIMAL WINTER RUNNING

How to get the most out of your winter training.

BY ALAN CULPEPPER

MOST RUNNERS THINK of winter as a season to "just get through" versus a time of year that can be inspirational or motivating. There are certainly some athletes who like running in the winter and find satisfaction in toughing out the harsh conditions. I can appreciate this aspect and enjoy the solitude of a run in the snow, but I'm more of the "just get through it" type of mindset.

Whatever your stance, there are ways to get the most out of your time and effort, allowing you to optimize your winter training. Living and training in Boulder, Colo., I've endured my fair share of tough conditions, albeit nothing like other parts of the country. Over the years I've learned to be creative and use winter as a time to continue training effectively so I can come through fitter, healthier and ready for the spring racing season.

DON'T FIGHT IT

Runners usually don't want to alter their training schedule in any way. Most of us have a window of time that we have set aside for our workouts, as well as a routine that allows it to fit into our daily lives. Winter requires adaptability, depending on the conditions. Adjusting your schedule to account for winter weather will allow for larger returns over the entirety of the season. Sure, there are times when you will still get out there and get a run in even if it involves running in the rain, snow or a cold wind. But with some compromise, you can keep your fitness progressing and stay fresher both physically and mentally. Change the time of day you run to take advantage of the best window weather-wise and/or where you run to ensure you have safe footing or blockage from the wind. Sometimes changing your workout from a fast interval session to a more controlled fartlek or tempo run can be the answer. Be nimble when it comes to where and when you run and the types of workouts you do during the winter.



GOOD FOOTING IS KEY

Another great way to ensure you optimize your winter training is through finding the best footing possible. Running on packed or slippery snow, uneven, frozen ground or even gravel left over on the roads can lead to injuries. Finding dry and safe footing should be your first thought if you have a long run or harder workout planned. Continually running on poor footing can lead to compensation, overworking one muscle group or pelvic alignment issues that can cause a multitude of problems. You are better off waiting until later in the day or driving a bit farther out of your way to get on safe ground as this will also allow for a more productive and safe workout.

GO INSIDE

Runners have different feelings about treadmills; some will jump on one a couple times a week without pause, while others would rather skip their run altogether. Finding a healthy balance between indoor and outdoor running is critical to thriving during the winter. Treadmills are not better than the real thing, but when the weather is not cooperating or footing is poor, a treadmill workout can be the best option. We get some pretty big snowstorms in Boulder, and every winter I do a handful of workouts on the treadmill. Without question I get more physical benefits from those indoor treadmill sessions than if I were slipping around outside. Mentally, I find that I also benefit from not having to brave the elements and beating myself down emotionally. I actually like speed workouts better on a treadmill than an easy run on them. Alternating between faster and slower paces makes the time pass quicker and keeps your mind occupied. It can be a love-hate dynamic, but coming to terms with having to run inside on occasion can make a big difference over the winter months.



▶ Running coach and two-time U.S. Olympian **ALAN CULPEPPER** is a vice president and race director for the Rock 'n' Roll Marathon Series. For more of his coaching insights, go to competitor.com/culpepper.



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WORLDWIDE FUEL

A look at some of the normal and quirky foods you'll discover at race aid stations across the world.

BY ADAM ELDER

YOU CAN FIND flat Coca-Cola at the aid stations of many running races in the U.S.—but travel across the globe and fuel up on things other than the popular soda. These real-food snacks not only provide a welcome flavor break from gels and bars, but they also pack in the calories, carbs and sodium to keep runners nourished.

AUSTRALIA

Glass House Mountains 100 Mile Trail Run
Tomato and avocado sandwiches
 600 calories, 65g carbohydrates,
 450mg sodium

FRANCE/ITALY/ SWITZERLAND

Ultra-Trail du Mont-Blanc
Salami
 68 calories, 0g carbohydrates, 296mg sodium

GERMANY

Cologne 48-Hour World Cup
Non-alcoholic beer
 60–90 calories, 13g carbohydrates,
 9mg sodium

JAPAN

Ultra-Trail Mount Fuji
Curry rice
 310 calories, 50g carbohydrates,
 820mg sodium

SOUTH KOREA

Jeju International Ultramarathon
Vegetable soup with steamed rice
 220 calories, 50g carbohydrates,
 750mg sodium

SWEDEN

Kraftloppet
Swedish meatballs
 260 calories, 6g carbohydrates,
 540mg sodium



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WANDERLUST

BY SUSAN LACKE

"ARE YOU SURE YOU WANT TO DO THAT, MA'AM?"

The concierge at my Bourbon Street hotel peered at me over his glasses. I didn't know who else to ask for a running route, so I visited the rotund, uniformed man behind the lobby desk.

I smiled patronizingly at his joke. Of course someone of his heft would question exercise of any sort! But I, the runner, had 16 miles on the training plan. I arrogantly affirmed that yes, I was sure I wanted to go for a run. With a skeptical look, he pointed me out the door and directed me to follow a path along the waterfront.

When I walked outside, I realized his incredulity was not about the act of running. It was running at 3 p.m. on a steamy August day in the Big Easy. I abandoned all pride (and about seven gallons of sweat) along the Mississippi River that day.

When I first started running, I avoided training while traveling. The routes

were too unfamiliar, the schedule too demanding, the gear too cumbersome to pack. While training for my first marathon, however, I realized I had no choice but to do a long run while on a business trip to New Orleans.

That run, though humbling, was also an awakening: Why hadn't I done this before? More importantly, when could I do it again?

Too often, my tourist experiences were sanitary. I followed a schedule, went to the places the guidebook suggested, took the obligatory photos. I traveled, but I never really explored.

But when you take to a city on two feet, you can't help but explore. Running in a new location emboldens in a way nothing else can — you may not know exactly where you are, but you always know how to put one foot in front of the other. Despite what guidebooks say, that's all you really need.

During that New Orleans run, I learned the true meaning of "sweat session"; I also discovered Sazerac is a most refreshing post-run beverage. In China, I broke my toe and came home

with a story better than any souvenir I purchased. In D.C., what was supposed to be a 30-minute run took me to the Holocaust Museum, where I spent the next eight hours in stunned silence. In the Australian rainforest, I got lost and learned just how kind strangers can be. In a Flagstaff race, I met a good-looking man. While running a beautiful New Zealand mountain, that good-looking man said he wanted to marry me. We're honeymooning next month in Morocco with—what else?—a seven-day running tour.

Because of running, I've stopped traveling and committed to exploring, taking every opportunity I can get to kick up new dirt with my running shoes. Would I like to take an assignment in Mexico? Si, Señor! Could I take this project in Poland? Tak prosze! Do I want to roadtrip with my friends to race in San Diego? You betcha.

I can't wait to see what else is out there. **CW**



SUSAN LACKE is an age-group runner and triathlete in Phoenix. You can follow her training adventures at competitor.com/outthere.

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on the left:

Tim Olson hops over a glacial crevasse on a training run high above Chamonix.

BY
BRIAN
METZLER

Photography
Tim Kemple
Monica Dalmasso
Pascale Tournaire

Chamonix, France, is ground zero for mountain running—and its vibe is spreading around the world.



While running down a rocky trail below a gondola that leads to the Aiguille du Midi—one of the higher points of the Mont Blanc massif mountain range high above Chamonix—I come across three men sitting on some large rocks.

They're clad in mountaineering gear and heavy-duty hiking boots and have large backpacks with crampons

dangling to the side. As I slow down to pass them, it appears they're snacking on cheese and baguettes and one of the men is pouring wine into a tin camping cup. "Bonjour!" they say, though not quite in unison, as they nod and smile.

I return the greeting with an inflection that makes it obvious I'm a tourist and continue on my way to an



overlook to view the Mer de Glace glacier. Somewhere along the way, I realize the chocolate chip energy bar I devoured earlier didn't come close to satiating the hunger pangs that have been building on my two-hour run.

An hour later, while sipping *un café noir* and nibbling on a fresh croissant outside the Le Gouthe coffee shop on the pedestrian mall in center of Chamonix, and still in my running gear, I realize why this quaint village in the heart of the French Alps is such a special place.

Below the massive peaks and brilliant glaciers that loom above the valley, Chamonix oozes mountain culture, an authentic blend of tenacity, togetherness and a zeal for adventure that's palpable among many of the hearty patrons walking in and out of the outdoor stores, restaurants and shops on the square.

Embedded in that culture is a shared sense of humility, a collective understanding that recreating in the mountains—no matter the sport—is about the experience of the journey and a respect for the natural environment. Pursuing the monumental challenges found within the Mont Blanc massif and developing a lasting connection with the mountains and your fellow adventurers have long been part of Chamonix's *raison d'être*.

Whereas the American style of trail running has mostly been influenced by road running infused with perhaps some latent hippie subculture tendencies and a newly found joy of escaping to the high country, mountain running in Europe, and especially in Chamonix, is largely connected to its centuries-old mountaineering and long-distance hiking roots. That's not to say there isn't hardcore trail running throughout mountainous regions of the U.S.—there is—it's just that the adventurous vibe and sense of comradeship among other mountain sports participants is woven into the fabric of life in Chamonix.

As such, with mythically steep mountains and rugged, historic trails, neither short nor easy runs really exist in Chamonix. If you're going out for a run, more than likely you're going to be out on the trails for several hours and endure massive vertical gain and descent.

Power hiking and the ability to cross glacial ice are crucial skills. And that's why a lightweight hydration pack, collapsible trekking poles and a windproof shell are mandatory gear, along with plenty of sunscreen—and perhaps some fresh brie and a baguette to go with your usual assortment of energy bars or gels.

Because of its close access to the highest points in Western Europe, Chamonix was one of the world's original mountain sports hubs, becoming known for mountaineering and skiing in the late 1800s. It hosted the inaugural Winter Olympics in 1924, but by the 1980s many other mountain towns had gained more prominence. Chamonix regained its prestige in the late 1980s as one of the centers of the new freeskiing movement in the winter and all types of climbing and hiking and running in the summer, says Nicolas Mermoud, a renowned French mountain runner.

"There is no place that compares to Chamonix in terms of the prestige of the mountains. Maybe Zermatt, but that's about it," says Mermoud, one of the co-founders of Hoka One One running shoes who formerly worked for Salomon, a French mountain-sports gear manufacturer. "The trails have been there for centuries. They weren't initially there because of running. They were there as a way to get to the next valley."

It's not that trail running was invented in Chamonix, but it's certainly been one of the world's top proving grounds that has helped redefine it—especially in the past decade or so. Mountain running races have existed throughout Europe for more than 50 years in some fashion or another, although for much of that time races were, like in the U.S., primarily small and regional in nature.

By the late 1990s, as ultrarunning started to grow in the U.S. and attain a glimmer of mainstream appeal while the team-oriented endurance sport of adventure racing expanded from its French roots, the definition of trail running began to morph. With the advent of lightweight durable trail running shoes, suddenly anything was possible, and the mountain trails around Chamonix became the ultimate proving ground.



on the left:

The 104-mile Ultra-Trail du Mont-Blanc race crosses 10 high mountain passes.

below:

The Chamonix skyline is punctuated by brilliant peaks, including 15,781-foot Mont Blanc.

below:

Hundreds of icy-cold, glacier-fed streams cascade through the valleys around Chamonix.



Combining aspects of traditional running with the community atmosphere derived from multi-day trekking tours, and the push-the-envelope spirit of mountaineering, hearty, adventure-minded mountain athletes began running up and down the region's steepest trails, even pushing the pace on the long-distance hiking tour that circled the Mont Blanc range.

The 168-kilometer (104-mile) Tour du Mont Blanc trail that circuitously links Chamonix with several mountain villages in France, Italy and Switzerland typically took seven to nine days to complete via hiking. Mountain runners started covering the entire route in just three days, with a few completing it in less than 36 hours.

But it wasn't until enterprising Chamonix residents Catherine and Michel Poletti put on the first Ultra-Trail du Mont-Blanc race in 2003, that a competitive event around this grueling section of the French Alps became a reality.

However, they never intended it to be like the Western States Endurance Run or other 100-mile races that had gained popularity in the U.S. since the 1980s. In-

stead, what the Poletti's envisioned was an event that would offer an accessible challenge to a wide variety of participants, from elite trail runners interested in covering the course as fast as possible to adventure-minded hikers who would appreciate the journey over one of Europe's classic trekking routes with similar people from all over the world.

"It's always been more than just about sport; it's an expedition and an experience," Catherine Poletti says. "I think for the same reasons it has attracted people from this region, it has attracted people from around the world. It's about the culture of the mountain. It's about experiencing nature and the challenge of the trail first, and racing on the trails second."

What the creation of the UTMB ultimately did was take the most grueling type of ultra-distance trail running races—rugged mountain events that pack loads of adventure, self-discovery and personal achievement into the constraints of a weekend—and make them more appealing and accessible to every level of competitor. Colorado's Hardrock 100 was one of the races that started that hardcore buzz, but the UTMB and Chamonix made it a global phenom-



on the right:
Tim Olson, an American who placed fourth in the 2013 UTMB race, runs on a ridgeline high above the Chamonix valley.



above:
Old-world charm harmoniously blends with rugged mountain culture in Chamonix.

enon. The Polettiis began to push that vibe (and their brand) even more in recent years with the launch of the Ultra-Trail World Tour point series circuit and dozens of races around the world serving as official qualifiers for the UTMB races.

The competitiveness of the UTMB and the *tres cool* ambiance of Chamonix have also spawned international trail running stars. Kilian Jornet, the 27-year-old mountain running phenom from Spain's Catalonia region, has won many races and set speed records on trails around the world, but winning the UTMB three times between 2008 and 2011 started his meteoric rise. Americans Mike Wolfe, Rory Bosio, Mike Foote and Tim Olson have also gained worldwide attention for their success in Chamonix.

"It's all about the mountain," Jornet says. "The mountain is strong [in the Alps] and the mountain is moving. It is full of energy, full of life, and when you are in the mountains—whether you are running on trails or you are climbing or just hiking—you feel its soul."

But perhaps more important than being the pinnacle event in ultrarunning, the UTMB also opened the door to more participants. Although the first race had 722 participants and only 67 finishers, the event now includes five late-August races with a total of 7,500 runners. And, as an indication that rugged ultra-distance running is becoming more accessible, last year 2,434 runners started the iconic 104-mile namesake race and 1,578 finished.

"It's changed how people think about trail running," says Topher Gaylord, an American trail runner who finished second in the inaugural UTMB race in 2003 and has competed in one of the various events almost every year since then.

"It's a different kind of running—even a different kind of trail running—than most people are familiar with," says Gaylord, the president of apparel brand Mountain Hardwear. "That rugged authenticity is starting to influence races and runners in the U.S. and around the world. But there's still no place else in the world quite like Chamonix."



RUNNING AROUND MONT-BLANC

Since the advent of the Ultra-Trail du Mont-Blanc trail race, Chamonix has become a vacation destination for ambitious recreational trail runners from around the world. The late-June Mont Blanc Marathon, a rugged trail running race started in 2008, has sold out increasingly faster in each of the past several years, along with the 10K, 80K and Vertical Kilometer events held the same weekend. Running the 104-mile Tour du Mont Blanc trail over four to six days while staying in historic refugios (mountain huts) or quaint hotels has also gained in popularity.

American Krissy Moehl is one of two female runners to win the UTMB twice—the other being American Rory Bosio, who won the race in 2013 and 2014—but Moehl's fondest memory of running in the Mont Blanc region is a solo, four-day tour of the route in 2011. She carried minimal gear, slept in huts and otherwise ran while disconnecting herself from the world.

"It was so cool to interact with all sorts of people out on the trail," Moehl says. "Most people staying in the refugios were hikers or mountain bikers, but there was a shared sense of adventure and purpose that we were all out there doing these things in such a beautiful, rugged place."

For tips on planning a running vacation in Chamonix, go to competitor.com/montblanc.



RUNNING WILD

IN SOUTH AFRICA

Take a glimpse inside the Richtersveld Wildrun four-day stage race, one of the world's best new destination trail races.

PHOTOGRAPHY
Dylan Haskins and
Kelvin Trautman

Straddling South Africa and Namibia, Richtersveld National Park is best known for its desolate and forbidding landscape. The rough-hewn desert is punctuated by steep mountains, jagged *kloofs*, or gorges, and endless miles of moonscape terrain seemingly devoid of life. Yet a close, personal interaction with the vast, dry barrenness that runners experience during the four-day, 93-mile Richtersveld Wildrun stage race in early June reveals a vivacity and a beauty only discernible while traversing the park on foot. The astounding features and life forms—including odd-looking succulent plants, endless quartz fields, tiny, fleet-footed antelope, howling baboons and the imposing, boulder-strewn Tatasberg mountain—combined with the easy-going camaraderie of 60 hearty runners from around the world make this event a unique journey through one of the remote corners of the globe.

RIGHT

American runner Wendy Drake bounds through a massive boulder field on the third day of the race.

IF YOU GO

This year's Richtersveld Wildrun will be held June 2-5. For more information, visit wildrun.com.







TOP

Helgard Slabbert, Tracy Zunckel and Matt Hart start with eventual winner Bernard Rukadza from Zimbabwe.

BOTTOM LEFT

Runners from around the world eagerly look at the course maps the night before the start of the race.



BOTTOM RIGHT

The course sends runners over rolling dirt roads through a remote part of the desert park.

**TOP**

Wendy Drake scrambles hand-over-hand up a rocky section of the course on the second day.

**BOTTOM LEFT**

A runner cuts through a narrow slot in a canyon on an optional 6K loop to a natural rock amphitheatre.

BOTTOM RIGHT

Runners pass a budding halfmens tree on the way into camp at the end of Day 2.

**TOP**

Runners stay in tents in a moveable camp throughout the four-day Richtersveld Wildrun.

**BOTTOM LEFT**

Bernard Rukadza tackles another rock scrambling section near Tatasberg mountain on Day 3.

BOTTOM RIGHT

Many plants, like this sprouting succulent, have adapted to survive in the harsh conditions of the desert.

**TOP**

This rocky traverse on the fourth day is a quad-wrecker for many already-weary runners.

**BOTTOM LEFT**

After running amid temperatures in the low-90s, Jacqui Koep cools off in a small reservoir at the end of Day 4.

BOTTOM RIGHT

Runners and sweeper Roland van der Merwe celebrate with a cold beer at Camp Richtersveld Sendelingsdrif.

N

Next Frontier

Why the Patagonia region of Chile is becoming trail running's most buzzworthy destination.

X



Words: Brian Metzler
Photography: Wagner Araújo

There's a stunning, take-your-breath-away sensation the moment you see the spectacular granite spires inside the Torres del Paine National Park for the first time.

The enormous park is a still-unpolished gem of the Chilean side of Patagonia—the large, sparsely populated and awe-inspiring region at the southern end of South America. Long a favorite destination of international sightseers and hikers, Torres del Paine is starting to become a focal point of runners—both for running races and exploring the trails via hut-to-hut running adventures.

The monoliths dominate the horizon line of the enormous Chilean sanctuary and provide a reassuring point of reference amid the huge mountains, thick pine forests, cascading streams, unfathomably blue lakes and austere glaciers. As a runner, those views also perfectly frame your own existence as your ramble over the park's 135 miles of windblown but otherwise pristine trails.

"It's a very special place, an amazing place for running," says Nick Barraza, an American runner from Flagstaff, Ariz. "The first time I was there, I was overwhelmed and completely inspired, both by the trails, the views and the vibe."

In 2013, while doing research in Chile as a graduate student in environmental engineering, Barraza ventured down to the southernmost part of the world not named Antarctica to run the inaugural Patagonian International Marathon. That race, along

Runners approach the trail leading to the base of the Grey Glacier in the Torres del Paine National Park.

**TOP**

Torres del Paine is amazingly vast with grandiose features. There is also an incessant wind that makes the park feel even more wild and remote.

LEFT

A group of American and Chilean runners hiked up and ran down a glacier to get a close-up view of the famous spires two days after the races.

RIGHT

For a road race, the Patagonian International Marathon has some pretty spectacular views. But the hills will also take your breath away.

with a half marathon and 10K, was held on the rolling gravel roads of Torres del Paine National Park and served up spectacular sights to the handful of runners who traveled from Europe, North America and South Africa to get there. Soon afterward, race director Stjepan Pavicic, partially from Barraza's suggestion, created the Ultra Trail Torres del Paine 42K, 67K and 109K trail races.

"The road races are great, but getting deep into the park on the trails is magical," says Barraza, 24, who put his education on hold to pursue ultrarunning on a full-time basis. "I fell in love with that place. Being there and experiencing that changed my life and showed me what I wanted to do and who I wanted to be."

It's not that running is new to Patagonia. The ancient indigenous Patagone people, literally known as "people of big feet" to the first European explorers, were subsistence hunters who would run down deer, large flightless birds and guanaco (an animal similar to a llama) for food. While those ancient people and their culture have since disappeared, the lush environment and raw remoteness remain.

"It is so peaceful," says Yassine Diboun, 34, an ultrarunner from Portland, Ore. "I had to keep reminding myself that we were at the very bottom of the world. It's so crazy to think about where you are. You kind of lose yourself in such an amazing place like that."

Last September, for the second straight year, Diboun traveled 29 hours on three flights to Punta Arenas and took a two-hour bus ride to Puerto Natales and then another to Torres del Paine to run in one of the races. He won the inaugural 109K trail event handily, but it was in the days afterward that the splendor of the park really unfolded for him. Along with fellow Americans Matt Flaherty, Willie McBride and Anne-Marie Dunhill, he spent a day running and hiking up to a hidden glacier with a close view of the famous stone towers (with some new Chilean running friends), then spent two more days running the legendary "W" hiking route—a 30-mile trail through three of the park's most magnificent canyons.

At night they retired to a rented cabin at Refugio Los Cuernos, and after a dip in the wood-fired hot tub, they shared meals, told stories and chilled by the fire while Flaherty

strummed a few songs on the house guitar and regaled the group with stories about Bob Dylan.

"It was an amazing way to disconnect from the world but connect with the people you share the trail with," Diboun says. "We had great conversations and developed friendships based on our being there and experiencing all of that together."

Despite the advent of a few races—all of which benefit a regional reforestation organization—don't expect the park to be overcome by runners anytime soon. Running is booming in Chile and Argentina, but most of the runners, races and running culture can be found in and around the capital cities of Santiago and Buenos Aires, more than 2,000 miles away.

"Not many Chileans have visited Torres del Paine, but we all know what a beautiful place it is," says Max Keith, 26, an up-and-coming ultrarunner from Santiago. "For me, what makes it so special is meeting runners from other places and spending time with them on the trails. That's what trail running is all about, no matter where you live."

For more information and photos about trail running in Torres del Paine National Park, go to competitor.com/chile.

BOTTOM

Everywhere you look inside the park seems to reveal another photo-inspiring scene. Even great images don't do justice to the real thing.



WHAT'S NEXT?

Ultra Fiord 2015 is a new ultra-distance event that will be held on April 16-18 in the remote backcountry areas on the outskirts of Torres del Paine National Park. In addition to 30K, 70K and 100K races, the event will also include the first 100-mile race in Chilean Patagonia.

Through the race's Corre y Reforesta [Run and Reforest] program, proceeds will benefit Reforestemos Patagonia [an organization committed to helping replant trees burned in a 2010 forest fire] and one new native tree will be planted for every runner who participates in the races. Among the top North American ultrarunners already committed to the race are Joe Grant, Jeff Browning, Stephanie Howe, Krissy Moehl and Luke Nelson. For more, visit ultrafiord.com.





WHY BE ORDINARY?

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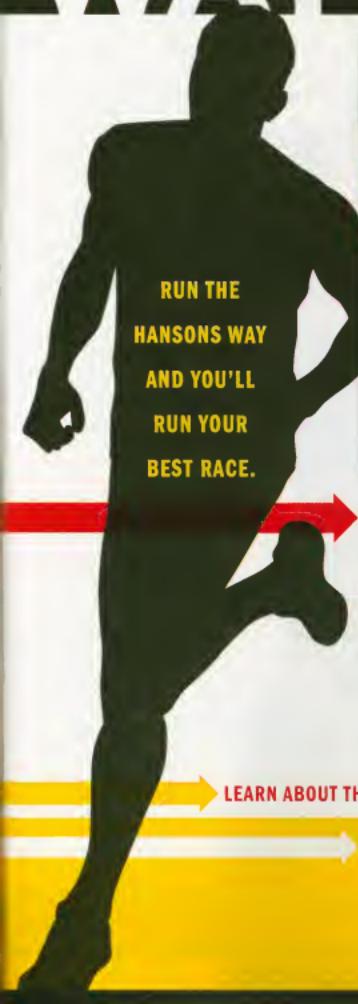
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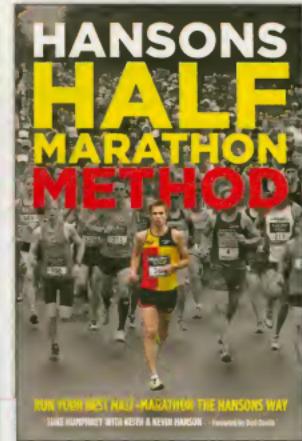
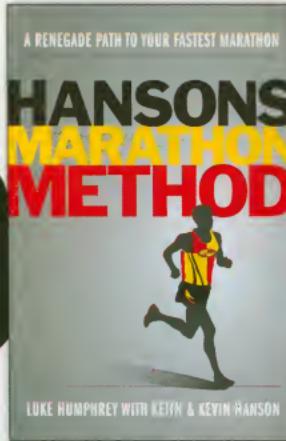


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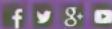
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Vancouver USA Marathon Vancouver, WA June 21, 2015

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DESTINATION

HOOD RIVER, OR

BY CAITLYN PILKINGTON

IT'S IMPOSSIBLE TO dread the hour-long journey between Portland to small-town Hood River, Ore. As the road gracefully follows the slight bends of the Columbia River Gorge, every sweeping curve offers stunning views of the famous Pacific Northwest canyon to the north, with groves of tall trees layering the south side of the highway. The verdant landscape remains in plain view along the entire commute, and the four-lane highway is speckled with worthy turnout points to snap a panoramic photo along the way.

"Here you'll discover a world of year-round outdoor recreation, dramatic vistas, historic landmarks, fantastic food, wine and beer—and best of all, warm, friendly people," says Joanie Thomson, the marketing director at Breakaway Promotions, which hosts races in the region. "Our year-round running and recreational activities for the whole family and our fresh, local culinary delights and award-winning wineries make it a popular destination for visitors from around the world."

Veer off halfway through the drive to discover Multnomah Falls, one of the area's notable landmarks and Oregon's tallest waterfall. The roaring waters mark the start of the Mark O. Hatfield Trail, a perfect choice for a demanding run or hike of any distance. The entire trail goes for 60 miles and ends at Starvation Creek in Cascade Locks, with trail access at various points along the way.

Drop your bags at the Hood River Hotel for the weekend, and scurry a few blocks east toward the Old Columbia River Drive, following the climbing switchbacks until your quads have had nearly enough. Once the public road ends and the on-foot-only access begins, the lookout points between you and the end of your run seem to silent screaming legs.





• HOOD RIVER LIES ABOUT 30 MILES NORTH OF MT. HOOD, WHERE THE HOOD RIVER INTERSECTS THE COLUMBIA RIVER. THE SMALL TOWN IS A POPULAR STOP FOR CAMPERS ON THEIR WAY HOME FROM THE TALLEST PEAK IN OREGON.

WHERE TO RUN

→Named after a former state senator, the **Mark O. Hatfield Trail**

offers up to 60 miles of dirty bliss, totaling an elevation gain of 13,000 feet and exploring the Hatfield Wilderness away from civilization. The popular route has five total trailheads—perfect for mapping out a day hike. For the outdoor enthusiasts, five days is the recommended time between start and finish, with various camp locations sitting 4–7 miles from each other along the way. Located in Cascade Locks, less than 30 minutes from Hood River, the **Bridge of the Gods Trailhead** offers both a beginner and experienced option for runners. Both loops cover portions of the Pacific Crest Trail, one a demanding 10.4-mile trek and the other a 4.4-mile jaunt with much less elevation gain. If you're dying for nature without the messy dirt, park at the top of Old Columbia River Drive in the lot and continue on foot past the gate on the **Columbia River Highway State Trail**, where the sounds are your footsteps and sights are towering maples changing with the seasons.

RUNNERS TAKE ADVANTAGE OF THE HIGHWAY STATE TRAIL, WHICH OFFERS MORE THAN 12 MILES OF SIGHTSEEING BETWEEN ALL THE ABANDONED STRETCHES OF ROAD.

Adam Lapierre



WHERE TO RACE

For those searching for the ultimate trail experience, run the **Gorge Waterfall 50K or 100K** [March 29 & 30; rainshadowrunning.com]. The out-and-back course passes a ton of falls in the area, giving runners an opportunity to experience them twice during their journey. Starting and finishing on the Marina Green along the river, the **Columbia Gorge Half Marathon** [Oct. 25; columbiagorgerun.com] has proven to be one of the most scenic races in the country. With a date set right at the change of the seasons, the course is dotted with fallen maple leaves in every shade of autumn. Runners climb for the first half of the 13.1-mile distance before heading back down and joining the full marathoners on the course. Plus the finish is stocked with a heated tent and full Mexican buffet for every person with a bib. The **Bridge of the Gods Run** [Aug. 16; bridgeofthegodsrund.com], offering a marathon, half and 10K, is another must-do to truly revel in the area's beauty. All three distances cross over the race's namesake bridge and run adjacent to the river—don't forget to straddle the Oregon-Washington state line before you finish!



WEATHER

→ The region experiences rain or snow every winter, with December and January being the highest months for precipitation. Winter temps can dip below 30 degrees, and summers can climb into the high-80s in July and August. Pack a jacket and experience the changing colors and seasons in October, a popular time for the area to shed its last fall leaves and start calling for running gloves. Visit during the early summer months and try your hand at windsurfing in the Columbia River.

DUE TO WINDS OFTEN REACHING 35MPH OR MORE THROUGHOUT THE GORGE, HOOD RIVER IS ONE OF THE BEST WINDSURFING LOCATIONS IN AMERICA OUTSIDE OF MAUI.

WHERE TO SHOP

→ Official partner of the Columbia River Gorge Marathon, **Shortstuff Supply** [116 Oak St.; shortstuffsupply.com] is a go-to stop for runners in downtown Hood River. The local vibes and small store size allow for a personal experience with employees, all of which are knowledgeable in shoes, gear and the neighboring trail system all along the gorge. Before you venture from the Portland

AREA HIGH-LIGHTS



Drink
Hood River County is host to a thriving wine scene with more than 15 wineries offering tastings.



Destination
Travel Oregon named the Columbia River Gorge one of Oregon's "seven wonders" due to its outstanding scenery.



Tours
Grab a ticket for one of Hood River's Mount Hood Railroad excursions, including murder mystery or Western robbery themes for riders!

WHERE TO EAT & DRINK

→ There's no shortage of eateries and coffee stops in Hood River, most of which are within walking distance of each other. Stop in at **River Daze Café** [202 D Cascade Way] for local, organic eats made from scratch. The joint is praised for its delicious sandwiches, including the all-day breakfast options served up on a homemade English muffin. After fueling up, talk a short walk up Oak St. toward **Dog River Coffee** [411 Oak St.], the coffee provider at the Columbia Gorge Marathon. The espresso and coffee options deliver the appropriate amount of zing, and the hand-me-down furnishings take a chapter out of Portland's eccentric feel, offering a fun atmosphere to rest the legs and catch up with your running buddies. For dinner, go for Italian at **The Subterranean** [113 3rd St.], a basement establishment offering up traditional pasta dishes and seafood. Snap a seat at the four-seat bar and make friends with the owner, who frequently greets the patrons as they arrive. If a greasy pie is more your palate, **Andrew's Pizza** [109 Oak St.] across from the Hood River Hotel serves up the basic options, including a gluten-free crust for a few extra bucks.



DOG RIVER COFFEE



THE SUBTERRANEAN



RIVER DAZE CAFE

The Portland Marathon HALF – an Event to Enter SOON, while you still can!

by Yakihiiko Yamaoka

Fortunately, the Portland Marathon HALF is no longer a secret. Since its inauguration just five years ago, the event has established itself as a premier half marathon, with a faithful following of returning participants. So it's no surprise the HALF sells out even prior to the public registration close date—eight months before race day! Runners are learning that it's a very special and limited participation.

Held in conjunction with the full Portland Marathon, now in its 44th year, the HALF features all the same benefits, such as custom name bibs, great entertainment, volunteer support, and the best in swag—but with a smaller cap on entries, and a close of general registration in January. Participants are advised to register early. Again, the event continues to sell out each year prior to the close!

The reasons for the event's popularity are numerous, beginning with perfect fall weather (55° at the start), and a course that's flat and fast with only ten turns. Participants complete the first 10 miles alongside full marathoners, and then continue on to a fast finish. With a streamlined wave start and nearly flat course, Portland Marathon HALF runners stand a good chance of attaining a PR! For those who like to cover the distance at a slower pace, the HALF welcomes walkers too, in keeping with the Portland Marathon's designation as "The Most Walker-Friendly Event in the US" bestowed by Runner's World some years ago. 2015's field for the HALF is expected to include 30% walkers.

Another selling point for the HALF is MUSIC—MUSIC—and more MUSIC! When it comes to volume and variety of on-course entertainment, the Portland Marathon rules! No other event in the US provides as much spirit and excitement—there are nearly 40 entertainment stations along the HALF course alone, not including cheerleaders. As one participant noted in a post-event email, "You guys out-rock the Rock 'n Roll events hands down!"

Once participants have been serenaded all the way to the finish, they are lavished with the best and most swag anywhere—no other half marathon in the US spoils its finishers like the Portland Marathon HALF! The overall list of goodies for 2015 will include: a long-sleeved performance finisher shirt, medal, pendant, challenge coin, poster, pre-event publication, a disposable finishers jacket, a rose (emblematic of Portland, the Rose City), a genuine Northwest tree seedling to take home and plant, plus a cornucopia of food and drink to enjoy at the finish.

In the four years since its inception, many seasoned half marathoners participating in the Portland Marathon HALF for the first time have emailed us after the event to proclaim it as the 'best half marathon' they've ever completed.

An increasingly important consideration for runners and walkers nowadays when choosing an event is: does the event give



back? By selecting the Portland Marathon HALF, participants can be assured that a substantial portion of their entry fee not only goes back into building a better event, but also into the community in support of worthy causes. Last year the nonprofit Portland Marathon gave over \$300,000 in payback to the community, gifts and grants to nonprofits, service organizations, school activity groups or school athletic teams in the Portland area. Through the years, the Portland Marathon's charity program has helped all types of civic and community projects, such as the Friends of Portland's Mounted Patrol, and the Portland Parks Foundation, where many of the event's free training clinic runs take place over the six month period prior to race day.

The 6th Annual Portland Marathon HALF will be held October 4, 2015. General registration closes January 31st or earlier, if the field of 2,500 is filled. For those still anxious to get in after January, a limited number of entries will remain. There are two ways to do this: by signing up through an official charity and qualifying for the entry by fundraising; or, registering at the charity HALF rate (2x regular price) effective February 1st, with half of the fee distributed to the Portland Marathon's Charity Giving Program, making this portion eligible as a tax-deductible donation.

Register now for the October 4, 2015 Portland Marathon HALF before it sells out...don't be disappointed! Go to portlandmarathon.org today.



BEST of competitor

Every year, we ask our online readers and social media followers from around the country to nominate their favorite races, specialty shops, clubs, charity programs, coaches, products and more. *Competitor* is pleased to announce the 2014 winners for the Northwest Region. Congratulations!



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Renton, WA

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Running Group

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Kent, WA

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Specialty Store
Road Runner Sports
Seattle

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Store Group Run
Balanced Athlete
Renton, WA

Best Charity

Running Program

Team in Training

Best Running Celebrity

Will Ferrell

Best Triathlon

Lake Meridian Triathlon
Kent, WA

Best Cycling Event

STP (Seattle to Portland)

Best Adventure/Mud/

Obstacle Race

Tough Mudder
(various locations)

Best Race Swag

Portland Marathon

Best Race T-Shirt

Ragnar NW Passage

Best Bike Shop

Northwest Tri and Bike
Kent, WA

Best Outdoor Shop

REI
(various locations)

**Best Sports**

Medicine Doctor
(tie) Dr. Paul Johnson
Portland, OR

(tie) Dr. Christopher G.
Anderson
Spokane, WA

Best Post-Race

Restaurant
The Hazel Room
Portland, OR

Best Sports

Supplement
Bonk Breaker Bars

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Kent, WA

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Three Trees Yoga
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Josh Adams, 24-Hour
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Kent, WA

Best Sports

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(various locations)

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May 3
BMO Vancouver International Marathon
Vancouver, 604-872-2928, bmovanmerathon.ca

OREGON

Jan. 18
Cascade Half Marathon, 10K and 2-mile Salem, april6427@aol.com, wvroadrunners.org

Feb. 16
Heart Breaker Half Marathon, 10K and 5K Hillsboro, aasportsltd.com

March 1
Lincoln City Half Marathon Lincoln City, active.com

March 15
adidas Shamrock Run Half Marathon, 15K, 8K and 5K, Portland, info@shamrockrunportland.com, shamrockrunportland.com

March 22
McKenzie River Half Marathon Springfield, electedeageracing.com

April 4
Hop Hop Half Marathon and 5K Portland, hophophalf.com

April 12
Bridge to Brews Half Marathon, 10K and 8K Portland, terapineevents.com

Flamingo Girrthon Half Marathon Hillsboro, archersehersrace.com

Vernonia Marathon and Half Marathon Vernonia, MBarretts@aol.com, 503-821-9577, orc.net

May 2
Bend Salmon Run Half Marathon, 10K and 5K Bend, runsalmonrun.com

Oregon Spring Half and 5K Aurora, uberthons.com/springhalfmarathon

May 9
Hippie Chick Half Quarter Marathon Hillsboro, cassie@tcrelay.com, 503-292-4626, betterseries.com

May 10
Eugene Marathon Hayward Field, Eugene, info@eugenemarathon.com, 877-345-2330, eugenemarathon.com

May 17
Grapes of Half Marathon, Half Marathon and 5K Eugene, pinkbuffaloracing.com

Rock 'n' Roll Portland Half Marathon Portland, 800-311-1255, runrocknroll.com/portland

WASHINGTON

Jan. 5
Lake Samish Runs Half Marathon and 6.5-mile Bellingham, lindsay.manniking@gmail.com, 206-713-5462, gbrc.net

Jan. 24
Rain Run Half Marathon Redmond, therainrun.com

Jan. 31
Geoduck Gallop Half Marathon and 10K, Olympia, evergreen.edu/recreation/roadraces/gallop.htm

Feb. 15
Birch Bay Marathon and Half Marathon Birch Bay State Park, Blaine, joel@birchbaymarathon.com, 360-223-0264, birchbaymarathon.com

Fort Ebey Kettles Trail Run 10K, Half Marathon, 20 Mile and Marathon Coupeville, nwtrailruns.com

Feb. 22
Hazel Dell Half Marathon and 8K Vancouver, tbrich@gmail.com, active.com

March 7
Lake Sammamish Half Marathon Redmond, 425-221-1651, lakesammamishhalf.com

March 15
St. Paddy's Day Run Half Marathon, 10K, 5K and 1K Tacoma, info@tcmaevents.com, 253-301-1321, stpaddysrun.tacoma.com

March 22
Mercer Island Rotary Half Marathon Mercer Island, runinfo@mercerislandhalf.com, 206-275-7765, mercerislandhalf.com

March 28
Dash Point State Park Half Marathon and 10K Tacoma, 425-301-7009, evergreentrailruns.com

May 3
Tacoma City Marathon and Half Marathon Tacoma, 253-862-8890, tacomaicitymarathon.com

May 17
Capital City Marathon Olympia, capitalcitymarathon.org

May 23
Soaring Eagle Trail Run Marathon, Half and 5, 10, 20 Miles, Sammamish, nwtrailruns.com

Yakima River Canyon Marathon Ellensburg to Selah, dolphinteam@earthlink.net, 425-226-1518, yakimavercanyonmarathon.com

April 11
Squak Mt. Trail Marathon, Half Marathon and 12K Issaquah, 425-301-7009, evergreentrailruns.com

April 12
Aiger Alp Half Marathon and 5 mile Mt. Vernon, runandcancerun@gmail.com, 360-389-0561, bellinghamtrails.com

Heroes Half Marathon Everett, info@totalhealthevents.com, 206-499-1903, heroeshalf.com

April 18
Wenatchee Marathon Half Marathon and 10K Wenatchee, teddriven.com

April 19
Whidbey Island Marathon, Half Marathon and 5K Oak Harbor, 360-279-4500, whidbeyislandmarathon.com

May 3
Race to the Cape 10 Mile Cape Lookout State Park, Tillamook, ascherlindustries.com

May 17
Zena Road Runs 15K/6M/3M, Spring Valley Community Center, Salem, 503-378-0032, wvroadrunners.org/zena

RUNNING

OREGON

Jan. 1
Hangover Run 5K Salem, info@runwildadventures.com, runwildadventures.com

Jan. 3
New Yearathon 5K Tigard, uberthons.com/newyearathon

Jan. 10
Polar Bear Fun Run 5K/10K Redmond, 5THomasAcademy@bendbroadband.com, 541-548-3785, redmondacademy.com/polarbear

Jan. 18
White River Showshoe 8K and 4K, White River West Snow Park, Mt. Hood, xdogevents.com/whiteriver.html

Jan. 31
FCA Superfan 5K Mary P. Young Park, West Linn, pdkfca.org

Worst Day of the Year Run SK Troutdale, worstdayrun.com

Feb. 1
Run for Chocolate 5K Sunriver, sunriver-resort.com

Feb. 1
Zena Road Runs 15K/6M/3M, Spring Valley Community Center, Salem, 503-378-0032, wvroadrunners.org/zena

Luckython 5K, 10K and 5K, Portland, uberthons.com/luckythonhome

Feb. 21
Mardi Gras 5K The City Nightclub, Eugene, pinkbuffaloracing.com

Feb. 28
5K Fun Run/Walk for Special Olympics Portland, slynn@soor.org, 503-551-6474, plungeoregon.com

Buck Mountain Mudslinger Trail Run 6.5 miles, Silverton, runwildadventures.com

March TBD
Team Congo PDX's Group 10K and 5K Walk/Run Portland, amanda.pdxruncongo.wix.com/teamcongopdx

March 7
ORRC Champoeg Runs and Walks 30K and 10K Champoeg State Park, Salem, orrc.net

Run of Two Cities Coos Bay, southcoastrunningclub.org

March 8
Race to the Cape 10 Mile Cape Lookout State Park, Tillamook, ascherlindusries.com

March 14
iRun for Kids 10 Mile and 5K Run/Walk Albany, albanypublicschoolsfoundation.org

Lucky Clover 10K/5K
Springfield, level32racing.com

Run to Get Lucky
5K and 15K, Corvallis, runtoggelucky.com

March 15
Shamrock Run Portland
5K, 8K, 15K and kids run, Waterfront Park, Portland, shamrockrunportland.com

March 20
Bring in Spring 5K
Eugene, level32racing.com

March 28
Gorge Waterfalls 100K
Cascade Locks, gorgewaterfalls50k.blogspot.com

March 29
Gorge Waterfalls 50K
Cascade Locks, gorgewaterfalls50k.blogspot.com

April TBD
Hills for Humanity 5K
Oregon Health and Science University, Portland, active.com

April 4
Shotgun Trail Blast
50K/25K/10K/5K, Marcola, level32racing.com

Horse Butte 10 Miler
Bend, footzonebend.com/events

April 5
Easter Egg Stash Dash
Eugene, pinkbuffleoracing.com

Stub Stewart Trail Challenge 6.25 miles, Stub Stewart State Park, Buxton, ascherindustries.com

April 11
Pear Blossom Run 10 mile and 5K Medford City Hall, Medford, pearblossomrun.com

April 12
Bridgeway Run for Autism 8K/5K, Eugene, electricledgeracing.com

Peterson Ridge Rumble 40 Mile and 20 Mile Trail Run Sisters Middle School, Sisters, Oregon trailseries.org

April 18
Falcon 15K Relay
Liberty High School, Hillsboro, falcon15krelay.com

Hop Hop Half and 5K Portland, dan@foottraffic.us, hophophalf.com

April 19
Light of Hope SK and 10K Bend, casafocentraloregon.org

April 25
Lost Creek Trail Runs
5K and 30K, Stewart State Park, Trail, lctrailruns.com

May 30
Legacy Health Starlight 5K, Portland, starlightrun.com

WASHINGTON
Jan. 1
First Mile
Tacoma, metropark.stacoma.org/first-run/

Resolution Run 5K and Polar Bear Dive Seattle, info@promotionevents.com, 206-729-9972, promotionevents.com/resrun

Jan. 31
Orcas Island 25K
Orcas Island, info@rainshadowrunning.com, rainshadowrunning.com

Feb. 1
Mill Creek Puddle Run
Mill Creek, ymca-snoco.org/puddlerun

Feb. 5
Orcas Island 50K
Orcas Island, info@rainshadowrunning.com, rainshadowrunning.com

Feb. 7
Tubbs Romp to Stomp Snowshoe Series 3K and 5K Stevens Pass Nordic Center, Skykomish, tubbsromptostomp.com

Feb. 7-8
Million Inch Run and 2 Million Inch Run
15.78 Miles and 31.56 miles, Tukwila, greenrivermarathon.com

Feb. 14
Magnuson Series Presidents Day 15K, 10K and 5K Magnuson Park, Seattle, magnusonseries.org

Zombies Have Hearts, Tool 5K Run/Walk, Bellingham, maxhigbee.org

Feb. 22
Lord Hill Trail Run 5 Mile, 10 Mile, 20 Mile and 50K
5/10/20 mile and 50K, evergreentrailruns.com

Feb. 28
Smelt Run 5K and 10K
La Conner Middle School, La Conner, skagit5synphony.com

March 1
Hot Chocolate 15K/SK
Seattle, hotchocolate15k.com

March 14
Klicks Runnin' O' the Green 5K and 8K
Bellingham, cob.org/races

Not too Stinkin' Cold to Race SK and 5 Mile
Soap Lake, Soap Lake, 360-780-0900, ulfbfit.com

St. Patty's Day 5K
Tacoma, 253-301-1321, stpatryntacoma.com

March 15
St. Pat's Dash
Seattle, stpatdash.com

March 21
Resolution Run Series 20K and 20 mile
5telia.com, runfsrc.com/fsrc

March 28
Birch Bay Road Race
5K/15K/30K, Birch Bay State Park, Blaine, birchbayroadrace.com

Family Jewels 5K
Saint Edward State Park, Kenmore, 206-550-9570, databarevents.com

April 18
Yakima Skyline Rim 50K
Ellensburg, rainshadowrunning.com

April 19
Yakima Skyline Rim 25K
Ellensburg, rainshadowrunning.com

April 26
Mt. Si Relay and Ultra Runs 59-mile relay, 50-mile/50K ultra, Snoqualmie, mtisirelay.com

June 6
Rainier to Ruston Rail-Trail Relay and Ultra 50 miles, Tacoma, rcwhester@yahoo.com, 253-282-6046, rainiertoruston.com

July 24

Ski to Sea Relay
7 different 5sports, 90+ mile relay, Bellingham, skitosea.com

ADVENTURE

OREGON

Feb. 14
Hagg Lake Mud Runs
SOX Henry Hagg Lake, Forest Grove, haggaklemud@gmail.com, haggmud.com

Feb. 14-15
My Muddy Valentine
SK with obstacles, Lee Farms, Tualatin, info@terrainerevents.com, terrainerevents.com

Feb. 15
Hagg Lake Mud Runs
ZSK Henry Hagg Lake, Forest Grove, haggaklemud@gmail.com, haggmud.com

March 22
Sumner Mudslinger Spring Break Mud Run
Sumner, emilys@sumners.org, 541-585-3145, sunrivermudslinger.com

The Big Climb
69 Flights, 1,311 steps, Columbia Center, Seattle, 206-957-4563, bigclimb.org

April 11
Color Me Rad
5K run with color, Eugene, colormerad.com

April 18
The Dirty Dozen 5K Adventure Challenge
Albany, info@runwildadventures.com, runwildadventures.com, runwildadventures.com

WASHINGTON

Feb. 14
Cupid's Undie Run
Seattle, cupidsundierun.com

May 24
Ski to Sea Relay
7 different 5sports, 90+ mile relay, Bellingham, skitosea.com

OUTSIDE THE REGION

ARIZONA

Jan. 18
Rock 'n' Roll Arizona Marathon and 1/2
Phoenix, Scottsdale and Tempe, runrocknroll.com, competitor.com/arizona

Jan. 31
Desert Classic Marathon, Half Marathon and 5K
Surprise, hgenders@lbco.com, 602-684-1496, arizonaroadracers.com

Sedona Marathon
Sedona, info@sedona.chamber.com, 928-282-7722, sedonamarathon.com

Yuma Territorial Marathon and Half Marathon Yuma, info@caballeros.org, 928-343-1715, yumamarathon.com

Feb. 15
IMS Arizona Marathon, Half Marathon and 5K
Goodyear, debra@ndhjem.msn.com, 623-935-0322, thearizonamarathon.com

Feb. 28
Phoenix Marathon, Half Marathon and 10K Mesa, phoenixmarathon.com, 801-472-7866, thephoenixmarathon.com

March 8
City of Peoria Half Marathon and 4 Mile Peoria, peoriaaz.gov

Xterra Black Canyon Half Marathon and 9K
Black Canyon City, info@aztraliarace.com, 602-363-7725, aztraliarace.com

March 23
Arizona Distance Classic Half Marathon, Quarter and 5K Tucson, arizonadistanceclassic.com

April 18
Brian Mickelson Memorial Marathon, Half Marathon 10K and 2 Mile Cottonwood, brieglow@cottonwoodaz.gov, 928-639-3200, cottonwoodaz.gov/parksrec/bmm

April 26
Mount Lemmon Marathon and Half Marathon Tucson, mtlemmont marathon.com

May 2
Whiskey Row Marathon and Half Marathon Prescott, jessicaleary@prescottymca.org, 928-445-7221 x 33, whiskeyrowmarathon.com

May 9
Grand Canyon Half Marathon Tusayan, salemi@vacationraces.com, 949-295-3302, grandcanyonhalfmarathon.com

CALIFORNIA

Jan. 31
Death Valley Borax Marathon, Half Marathon and 10K Furnace Creek, info@envirosports.com, envirosports.com

Feb. 28
Divas Half Marathon and 5K Temecula, runlikeadiva.com

Woodside King's Half Marathon and 5-mile
Woodside, info@envirosports.com, envirosports.com

March 8
Run Through the Redlands Half Marathon, 10K and 5K Redlands, redlands-events.com

San Diego Half Marathon and 5K
Petco Park, info@sdhalfmarathon.com, 619-333-6786, sdhalfmarathon

March 15
Go Green St. Patrick's Day Run Half Marathon, 10K and 5K, Los Gatos, mosham-productions.com

March 21
Napa Valley Trail Marathon, 10K Marathon and 10K Calistoga, info@envirosports.com, envirosports.com

March 28
Golden Gate Headlands Marathon, Half Marathon and 6-mile Sausalito, info@envirosports.com, envirosports.com

April 4
Grizzly Peak Trail Run Berkeley, events@coastaltrailruns.com, coastaltrailruns.com

Marin County Marathon, Half Marathon, 10K and 5K
San Rafael, trimark@comcast.net, 415-479-1013, marinmarathon.com

April 11
Annadel Half Marathon Santa Rosa, annadelhalf.com

Heartbreak Ridge Half Marathon, 10K, 5K, and Kid's 1K run Marine Corps Base Camp Pendleton, 760-725-6836, hardcorpsraceseries.com

Wild Boar Half Marathon and 10K Mill Valley, info@envirosports.com, 415-868-1829, envirosports.com

April 12
Hollywood Half Marathon, 10K and 5K Hollywood, 619-800-4376, hollywoodhalfmarathon.com

Santa Cruz Half Marathon and 10K
Santa Cruz, firstwave-events.com

April 19
Dirt Devil Racing Foxy Trail Half Marathon and 5K Rancho Bernardo, dmrunc@sdrlnet.net, 619-265-7344, dirtdevilracing.com

April 25
Folsom Lake Half Marathon, 10K, 35K and 50K Folsom, insidetrail.com

April 26
Big Sur International Marathon Carmel, julie@bsim.org, 831-625-6226, bsim.org

La Jolla Half Marathon and 5K La Jolla, ah@ccpinc.com, 858-518-6556, lajollahalfmarathon.com

Ojai Half Marathon, 10K and 5K Ojai, escobar.bill@gmail.com, 805-258-3779, ojaihalfmarathon.com

San Luis Obispo Marathon and Half Marathon San Luis Obispo, 805-215-8545, slomarathon.com

Feb. 2
Western Pacific Marathon, Half Marathon, 10K and 5K Fremont, marie@brazenracing.com, 408-482-7513, brazenracing.com

Wild Wild West Marathon, 50 Mile, 10 Mile and 5K Lone Pine, info@lonepinchamber.org, 760-876-4444, lonepinchamber.org

May 3
Avenue of the Giants Marathon Eureka, theave@theave.org, 707-443-1226, theave.org

OC Marathon, Half Marathon and 5K Newport Beach, 949-222-3327, OCMarathon.com

May 9
Muir Woods Marathon, Half Marathon & 7-Mile Stinson Beach, info@envirosports.com, 415-868-1829, envirosports.com

May 17
Surfer's Path Marathon, Capitolia Half Marathon and Relay Santa Cruz, surferspthmarathon.com

June 27
Santa Barbara Half Marathon Santa Barbara, racedirector@sballhalfmarathon.com, sballhalfmarathon.com

COLORADO
Feb. 1
Super Half Marathon and Game Day 5K Colorado Springs, prunr.org/events/SuperHalf

Feb. 8
Raistion Creek Half Marathon and 5K Arvada, info@racingunderground.com, 303-642-7917, racingunderground.com

March 1
That Dam Half Marathon and 5K Denver, bibltd.com

March 7
DreamCatcher Half Marathon Grand Junction, starunnerenterprises.com

March 28
Dust Bowl Marathon Series Day 4 Lamar, Clint@MainlyMarathons.com, mainlymarathons.com

April 12
Platte River Half Marathon and Buckhorn Exchange Relay Littleton, maureen@platteriverhalf.com, 303-220-1037, platteriverhalf.com

Prairie Dog Half Marathon and 10K Arvada, 720-722-4226, prairiedoghalf.com

April 17-19
Desert RATS Trail Running Festival 50K, Marathon, Half Marathon and 5-Miler, Fruita, reid.delman@geminiaventures.com, 303-249-1112, geminiaventures.com

April 18
Beat the Heat Half Marathon, 10K and 5K Bear Creek Lake Park, Lakewood, 720-898-5336, alloutmultisport.com

April 19
Horsetooth Half Marathon Fort Collins, horsetoothhalfmarathon.com

May 3
Colorado Marathon Half Marathon, 10K and 5K Fort Collins, Logan@TheColoradoMarathon.com, thecoloradomarathon.com

May 9
Grand Valley Marathon, Half Marathon, 10K and 5K Palisade, 435-650-0155, mammothmarathons.org

May 17
Colorado Colfax Marathon, Half Marathon and Urban 10 Miler Denver, 303-770-9600, runcolfax.org

June 14
Skirt Sports 13er Half Marathon, 10K and 5K Louisville, info@3races.com, 704-267-1319, skirtsports13er.com

FLORIDA

Jan. 10
Best Damn Race Jacksonville Half Marathon, 10K and 5K Jacksonville, info@bestdamnmarathon.com, jacksonville.bestdamnrace.com

Jan. 18
Clearwater Distance Classic 50K, Marathon, Half and 5-Miler Clearwater, info@clearwaterdistanceclassic.com, floridaroadraces.com

Jan. 25
Miami Marathon and Half Marathon Miami, info@themiamimarathon.com, 305-278-8668, themiamimarathon.com

Jan. 31
Best Damn Race Safety Harbor Half Marathon, 10K and 5K Safety Harbor, bestdamnrace.com/safetyharbor

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Feb. 15

26.2 with Donna
National Marathon and Half Marathon to Finish Breast Cancer (Jacksonville Beach, breastcancermarathon.com)

Feb. 28

Best Damn Race Orlando
Half Marathon 10K and 5K, Orlando, info@bestdamnrace.com, bestdamnrace.com/orlando

March 22

Florida Beach Halfathon and 5K
Ft. De Soto Park, info@floridabeachhalfathon.com, floridabeachadraces.com

March 29

Down 2 Earth Oleta Trail Half Marathon, 10K & 5K North Miami Beach, worksmartplayharder.com

Tomoka Marathon, Half Marathon and 5K
Ormond Beach, tomokamarathon.com

April 11

Singer Island Half Marathon (Singer Island, info@multibrace.com, 561-354-5941, singerislandhalfmarathon.com)

April 12

Gulf Coast Half Marathon at Pensacola Beach
Pensacola, info@gulfcoasteventgroup.com, 850-325-0131, gulfcoasthalf.com

April 25

Lake Minnetonka Half Marathon, 12K and 5K
Clementon, sommersports.com

IDAHO**Feb. 14**

Run 4 Love
Half Marathon, 10K and 5K, Boise, run4luv.com

March 14

Shamrock Shuffle
Half Marathon, 10K and 5K, Caldwell, theshamrockshuffle.net

April 11

Lake Lowell Marathon and Half Marathon
Nampa, 208-389-8209, lakeowellmarathon.com

May 30

Famous Idaho Potato Marathon Boise, racedirector@ymcatvidaho.org, 208-344-5502, ymcatvidaho.org

ILLINOIS**Jan. 24**

F43 Lake Half Marathon
Soldier Field, Chicago, info@f43running.com, f43running.com

March 14

Chicago Get Lucky Half Marathon and 7K
Chicago, chicagogetlucky.org

March 28

Southern Illinois Spring Classic Half Marathon
Lawrence County, southernillinoispringclassic.com

April 4

Lincoln Memorial Half Marathon Springfield, runabare.sccr.net

April 10

Allerton Trails Half Marathon and 10K
Monticello, allertontrailshalfmarathon.com

May 3

First Midwest Half Marathon Palos, mailto:chicagoevents.com, 773-868-3010, firstmidwesthalfmarathon.com

INDIANA**Jan. 24**

Winter Night Trail Marathon and Half Marathon, Indianapolis, wintertrailmarathon.com

Feb. 21-22

Maple City Runners Maple Leaf Indoor Marathon Goschen, dougy@goschen.edu, 574-202-7495, mapleleafmarathon.com

March 28

Circular Logic Marathon West Lafayette, joeyej618@gmail.com, 765-532-7300, circularlogicmarathon.com

NEVADA**March 7**

Red Rock Canyon Marathon and Half Marathon

Las Vegas, info@calicoracing.com, 702-617-3213, calicoracing.com

March 15

Six Tunnels to Hoover Dam St. Patrick's Day Half Marathon and 5K
Boulder City, Eddie@MountainManEvents.com, mountainmanevents.com

March 28

Laughlin/Runnercard Half Marathon and 5K
Laughlin, info@laughlinhalfmarathon.com, laughlinhalfmarathon.com

April 5

Rockin Rabbit Half Marathon and 5K
Boulder City, hope4lives.org

May 2

Labor of Love 100 mile, 50 mile, 50K, Marathon, Half, 10K Las Vegas, info@calicoracing.com, 702-617-3213, calicoracing.com

NEW MEXICO**Jan. 18**

The Biggest Loser RunWalk Las Cruces Half Marathon, 5K and Kids 1 Mile Fun Run Las Cruces, support@active.com, 877-228-4881, biggestlosersunwalk.com

March 23

Bataan Memorial Death March White Sands Missile Range, bataan@conus.army.mil, 505-678-1256, bataanmarch.com

March 29

Dust Bowl Marathon Series Day 5 Clayton, mainlymarathons.com

April 18

Albuquerque Half Marathon, 10K and 5K
Albuquerque, runit.org

May 23

Jemez Mountain Trail Run Los Alamos, jemezrunz@gmail.com, highaltitudeathletics.org

OKLAHOMA**March 8**

Strides of March Half Marathon Oklahoma City, stridesofmarch.com

March 26

Dust Bowl Marathon Series Day 2 Guymon, mainlymarathons.com

March 29

A2A Arbuckles to Ardmore Race for Mercy & Half Marathon, 5K
Ardmore, 580-222-6829, a2amarathon.com

April 26

Oklahoma City Memorial Marathon, Half Marathon and 5K
Oklahoma City, info@okcmarathon.com, 405-525-4242, okcmarathon.com

TENNESSEE**Feb. 7**

Cedars Frostbite Half Marathon Lebanon, musiccityhalfmarathon.com

Feb. 28

Scenic City Half Marathon and 5K Chattanooga, sceniccityhalfmarathon.com

March 7

Tom King Classic Half Marathon and 5K Nashville, tomkingclassic.com

March 8

Stanky Creek Marathon Bartlett, events@altisendurance.com, 901-355-9820, altisendurance.com

March 22

Greenway Marathon Nashville, info@earthlink.net, 615-390-6977, frostbiterc.org

March 29

Covenant Health Knoxville Marathon, Half Marathon and 5K Knoxville, info@knoxvilemarathon.com, knoxvilemarathon.com

April 25

St. Jude Country Music Marathon and 1/2 Marathon Nashville, 800-311-1255, runrocknroll.com/nashville

May 16

Viola Valley Half Marathon Viola, violavalleyhalfmarathon.com

TEXAS**Jan. 25**

3M Half Marathon Austin, 3mhalfmarathon@conleysports.com, 3mhalfmarathon.com

Feb. 1

Galveston Marathon, Half Marathon and 5K Galveston, galvestonmarathon.com

The Texas Half and 5K Irving, texashalf.com

Feb. 14

Jail Break Run Half Marathon and 5K Baytown, eventdirector@jailbreakrun.org, 832-767-8535, jailbreakrun.org

Feb. 15

Austin Marathon and Half Marathon Austin, info@youraustinmarathon.com, 512-476-7223, youraustinmarathon.com

Rhythm and Blues Half Marathon & 5K Houston, raymond@finishstrongsports.com, 713-409-8954, rhythmblueshalfmarathon.com

Run The Line Half Marathon Texarkana, bokruntheline.org

Feb. 21

Alamo City Running Festival Half Marathon San Antonio, info@alamocityrunfest.com, 512-264-9424, alamocityrunfest.com

Feb. 28

The Woodlands Marathon, Half Marathon, Relay and 5K The Woodlands, thewoodlands marathon.com

March 1

Armadillo Dash Half Marathon and 5K College Station, armadillodash.com

Cowtown Marathon, Half Marathon, Ultra, 10K and 5K Fort Worth, info@cowtownmarathon.org, cowtownmarathon.org

The Army Marathon and 5K Killeen-Temple, info@thearmymarathon.com, 210-632-2800, thearmymarathon.com

March 7
The Xpress Half Marathon, 12K and 5K Run Wichita Falls, runthexpress.com

March 14
Longview Half Marathon and 5K Longview, halfmarathon.longview.com

March 14-15
Seabrook Lucky Trail Marathon and Half Marathon Seabrook, seabrook_marathon@att.net, 832-221-4955, seabrookmarathon.org

March 21
Grasslands Trail Run Marathon, Half Marathon and 50 miler Decatur, grasslands@ntr.org, ntr.org/grasslands

March 22
Alamo 13.1 Half Marathon and Relay San Antonio, alamo131.com

Hermann Sugar Land Half Marathon Sugar Land Town Square, Sugar Land, 281-242-7700, sflfinishlinesports.com

Rock 'n' Roll Dallas Half Marathon Dallas, 800-311-1255, runrocknroll.com/dallas

March 25
Dust Bowl Marathon Series Day 10 Bartlett, Clint@mainlyMarathons.com, mainlymarathons.com

March 28
Xterra Camp Eagle Trail Run Half Marathon, 21K and 6K Rocksprings, 877-983-7721, xterratrialrun.com

March 29
Texas Wine Half Marathon and 5K Messina Hof Winery and Resort Bryan, texaswineseries.com

April 11
Davy Crockett Bear Chase, Half Marathon and 5K Gruetown, steve.boone@iaao.com, 713-826-5833, 50statesmarathon.club.com/bear.html

April 12
Big 9 Texas Marathon and Half Marathon Dallas, info@dfveruns.com, 214-339-7867, texasmarathon.com

April 19
Divas Half Marathon and 5K in Galveston Galveston, info@runlikeadiva.com, 800-733-7089, runlikeadiva.com

UTAH

Feb. 21
Dogtown Half Marathon, 9K and 5K Washington City, dhalterman@washingtontcny.org, washingtontcny.org

March 14
Zion Half Marathon Springdale, salem@vacationraces.com, 949-295-3302, thezionhalf.com

March 21
Zion Half Marathon Springdale, salem@vacationraces.com, 949-295-3302, thezionhalf.com



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Shaun T

BY ALLISON PATTILLO

For those who've tried one of Shaun T's Beachbody Fitness Programs, you know he's enthusiastic—really enthusiastic. He's also loud, or "emotionally verbal," as he calls it. And that's Shaun T to the chiseled core. Born Shaun Thompson, the 36-year-old New Jersey native moved to Los Angeles to put his degree in health and exercise science and minor in theater and dance to use. He acted, choreographed and taught dance classes before teaming up with Beachbody in 2007 to create some sweat-drenched, dance-inspired, functional fitness programs, like the recently released *Insanity Max:30*.

What's your first running memory? I was in the third grade. My aunt was on the high school track team, and my cousin helped with the team. They took me to watch a practice, and when I saw the 400M hurdlers reach the top of the last turn, I was completely in awe. I wanted to try it but was too small to clear the hurdles. My aunt and cousin helped me over a hurdle, and from that point on I knew it was something I had to do.

You joined the team in high school? I did! My first practice, we did this great workout and stretch

session. I thought we were done for the day, when our coach said it was time for the real workout—we had only done the warm-up! It was a turning point in my life. I drew on that when I created *Insanity*. I wanted others to feel that accomplishment of really pushing themselves.

What do you do for your work-outs? I go to my home gym pretty much every morning and do one of my programs, lift weights, dance and try new moves. I'm also a huge tennis player—I love the agility. I'll do running drills on the court and use the net as a hurdle.

Who inspires you? My grandfather. He always said, "It's not about how you look; it's about being in peak physical condition." Genetics are what they are, but anyone can be in peak physical condition for them.

What's the biggest obstacle for most people? It's mental. People have to want it. I believe people have it in them to dig deep physically, but mental strength is what gets you far. You need to focus on doing the best you can do, not comparing yourself to others. **CN**

More about
SHAUN T

FAVORITE PLACE TO RUN

The track. I LOVE it. You can do so much, like intervals and plyometrics. It also protects your knees.

MUST-HAVE GEAR

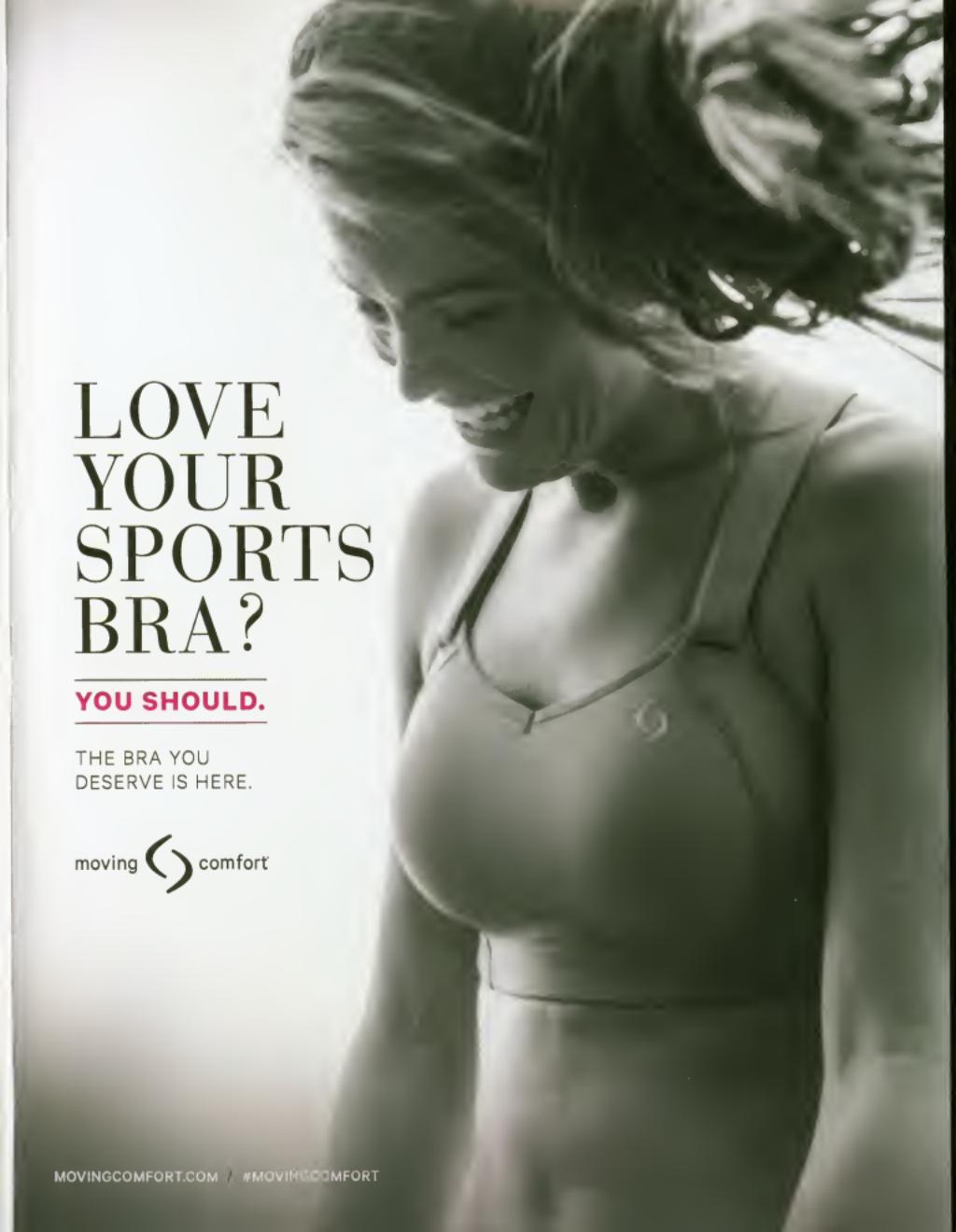
This is crazy, but I like to hold a relay baton in my hand when I'm running on a track. It holds me accountable.

POST-WORKOUT FOOD

Sweet potatoes! They are a power-house food. I probably have 32 in my kitchen at a time.

MANTRA

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